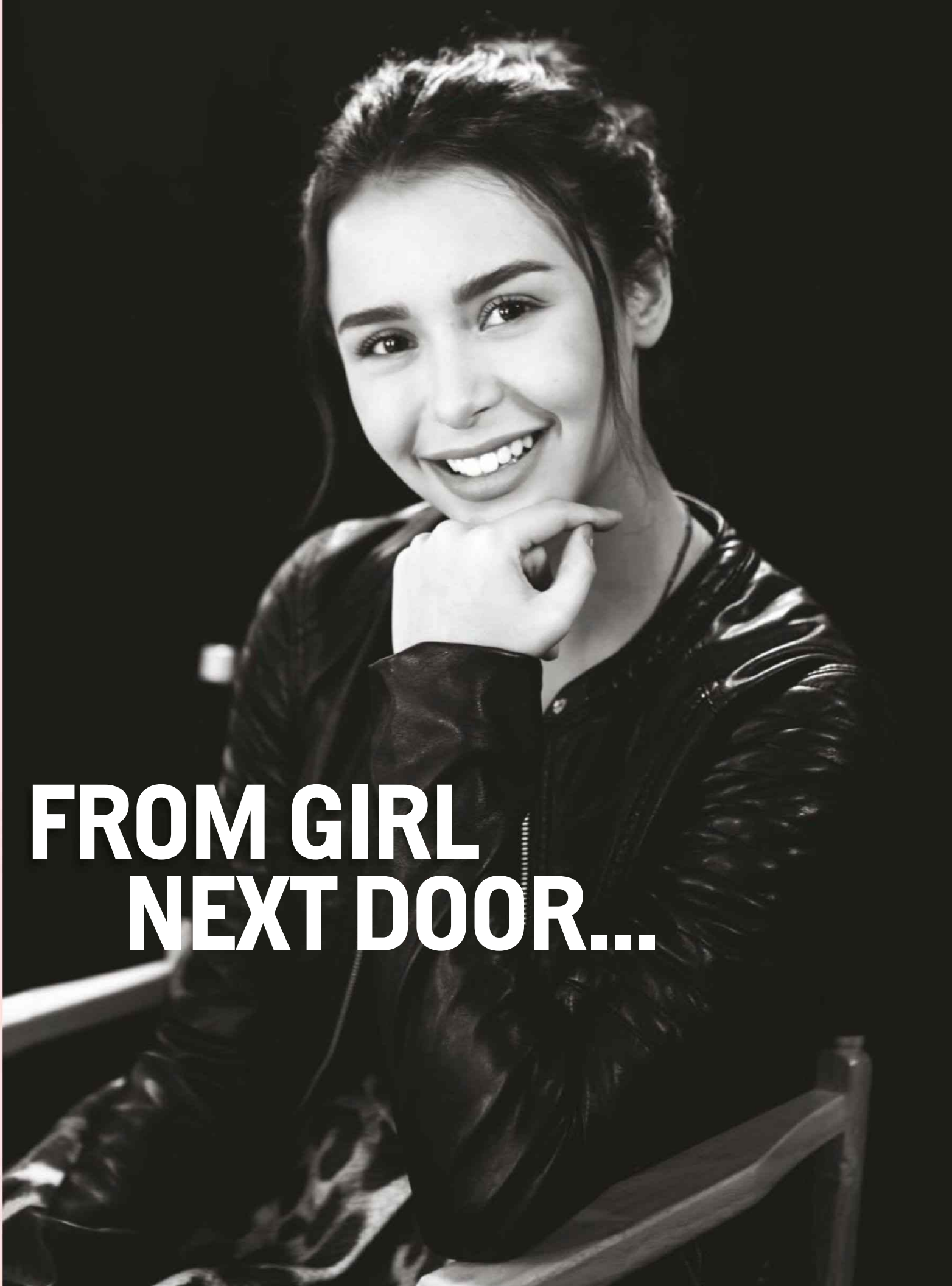

COSMOPOLITAN
MARCH 2 16
THE ART OF SEX APPEAL
How to Boost Your Power of Attraction & Be That Girl Everyone Flocks To
YASSI PRESSMAN
Why She's Cosmo's Sassy, Sexy SUMMER STAR
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Location, Location, Location!
BEACH, PLEASE!
* Sleek Summer Hairstyles
* Sun + Skin S.O.S.!
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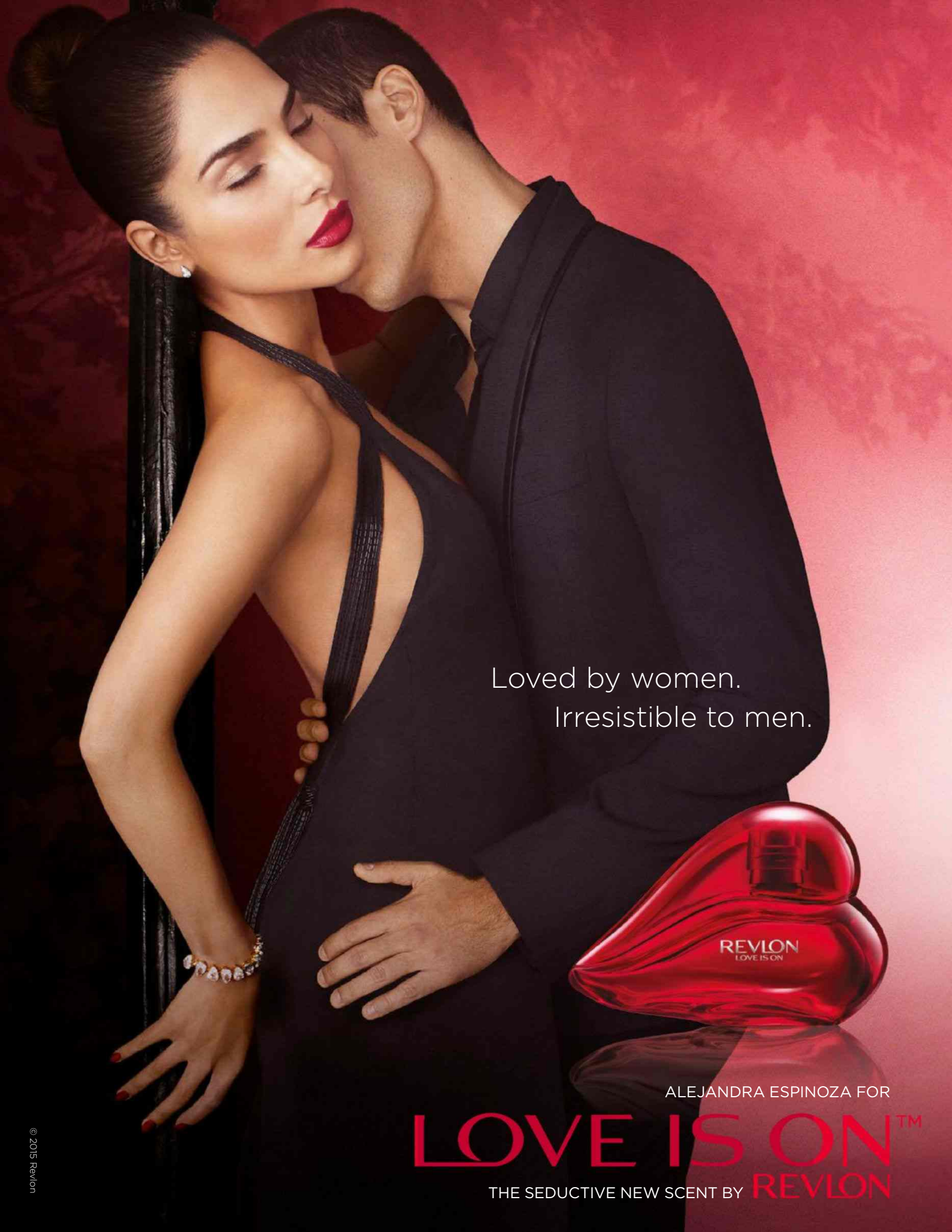


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COSMOPOLITAN

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YASSS, GIRL!

(PHOTO) SHAIRA LUNA. (MAKEUP) JOHN PAGADUAN. (HAIR) PAUL NEBRES. (STYLING) HAPPY LOPEZ. (TOP, SKIRT, JEWELRY) ALL FOREVER 21.

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Andre Paras proves boys next door make the best BFs

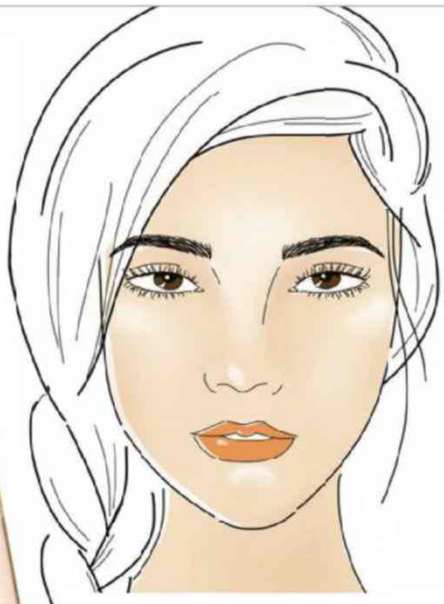
42 **GUY WATCH**
This Women's Month, we salute these fine feminist fellas!

44 **HUNK OF THE MONTH**

Kohl for the Summer

Need inspiration for your #FOTD? Cop these summer-ready makeup looks, stat!





Child of the Sun

Get that well-coveted sun-kissed glow with swipes of highlighter and bronzer.



Take your glow on the go with **theManizer Sisters** highlighting trio.



Balm Desert is a blush and bronzer in one.



The In theBalm of Your Hand palette features **Hot Mama** and other favorites from theBalm!



Coral Crush

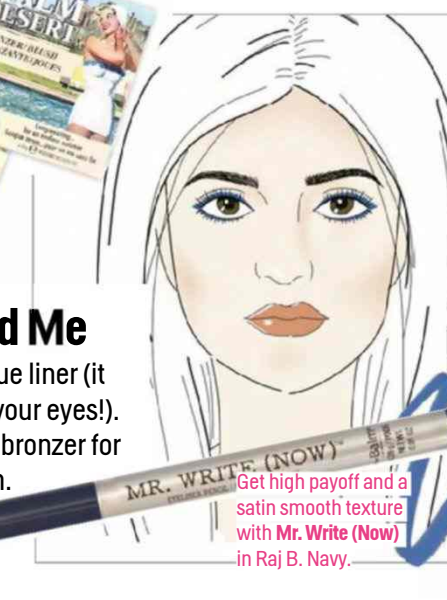
Nothing screams "summer" more than a coral pout and peach blush that doubles as shadow.



Meet Matt(e) Hughes (in Honest) provides a comfortable matte finish.

Show off your fiercest summer look with the newest collection from theBalm!





Sand, Sea, and Me

Brighter eyes call for blue liner (it brings out the whites of your eyes!). Complete your look with bronzer for more definition.

Get high payoff and a satin smooth texture with **Mr. Write (Now)** in Raj B. Navy.

BEAUTYBAR
WHERE BEAUTY COMES TOGETHER

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(PHOTO) DAIRY DARILAG. (STILLS) LOUIE AGUINALDO.


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All the workouts you need to get TDF shoulders and arms.



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Plus, how to get your strongest core yet.



8 Countries You Can Visit Without A Visa

For those with serious wanderlust issues.



Should You Really Put Baby Powder On Your Face?

Pinays are obsessed with keeping oil at bay—but is baby powder really the solution? A derma weighs in.



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An "extra small" still looks too big on you.



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This was the year the "Macarena" went viral, but of course you don't know that.



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Shopping is easy, especially when someone can tell you what works and what doesn't.



Why Ankle Boots Are The Latest 'It' Shoe In Fashion

Kendall Jenner and Gigi Hadid own at least one pair, so here's why you should, too.

(TEXT) RETTY CONTRERAS

DRESS UP OR DOWN
WITH LACOSTE

This season, Lacoste brings out a tandem pair of sophisticated sandals for the ladies. When you're in the mood to feel above it all, the **Karoly** shoe is the one for you. It's wedged heel, leather foot bed, and pique leather straps give a structured look and a comfortable wear. For more casual, playful days, the **Atalaye** gives you a flat, well-balanced sole with gladiator-inspired straps in soft leather to keep you looking stylish with a bit of edge, and a lot of comfort. Get them both at the Lacoste boutique nearest you.







STEAL YASSI'S LOOK

Photographed by Shaira Luna.
Bikini, Soak Swim. Makeup by Jelly Eugenio for Nars. Hair by Paul Nebres. Styling by Joanna Garcia. Assisted by Heart Dionisio. Nails by Luz Fortuno of Triple Luck Brow and Nail Salon. Art direction by Hazel Joy Malagonio.

Laura Mercier mascara, ₱1,150.

CoverGirl Instant Cheekbones blush, ₱425.

CoverGirl Ready, Set Gorgeous foundation, ₱495.

Ever Bilena Kleopatra brow pencil, ₱60.

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WOMEN'S MONTH SPECIAL



CJ DE SILVA, who illustrated "The Cosmo Girl's Guide to Feminism," p.88, says that contrary to "the school of thought that feminism should no longer be an issue but a norm by now, the concept of feminism can still sound controversial for some." CJ wants to see this in a positive light: "As long as feminism triggers a discourse, I won't get tired of educating more people to open more minds. A primer on feminism that demystifies it makes it more approachable and relatable." Her inspiration for the illustrations? "I'm fascinated by pin-up girls and fashion illustrations, which are often viewed as anti-feminist—pin-up girls are thought to objectify women while fashion illustrations reduce women into impossible standards. But we can't deny that both styles are beautiful and attractive. So I thought, how can I make this [supposed] anti-feminist imagery work for feminism, for women? That challenge inspired me: Putting my feminist nuances and a sense of empowerment into my illustrations." She dedicates her work for this story to her late *lola,* who was "a very modern woman and my first role model."

"My wish for the Filipina is for her to be in control of her life. Don't let anyone define who you are as a woman. Let social constructs, expectations and traditions be inspirations or guides in your life decisions, but in the end it's still up to you. My wish is for us to build each other up—no comparisons, no judgment."

SASHA LIM UY may be Spot.ph's food editor, but she loves love interviewing people and writing profiles. She interviewed cover girl Yassi Pressman (p.20) this month for her fifth Cosmo cover story. She says, "It's a different challenge for me to see a fresh perspective per cover girl. I like discovering how all these women have different ways of becoming successful and dealing with success. Yassi was especially refreshing because there aren't many solo profiles on her yet, which gave me a chance to really get to know her on our own terms. She was such a *kalog* person to talk to—serious and passionate, without taking things too seriously."



"I empower other women by always improving and never settling! That's advice that empowers everyone. My wish for the Filipina? If she wants to go out and have fun, she should go out and have fun."



MJ BENITEZ styled "Slip and Slide," on p.102. "It's my first-ever fashion editorial for *Cosmopolitan* (with Ford supermodel Danica Magpantay as my model, too—sweet!), so this shoot is definitely one for the books," she says. MJ considers what she does for a living to be very empowering to women: "Styling is a great avenue for self-expression, creativity, and hard work. If the visuals inspire women to express themselves more freely and gain confidence, I think it's already a feat in itself."

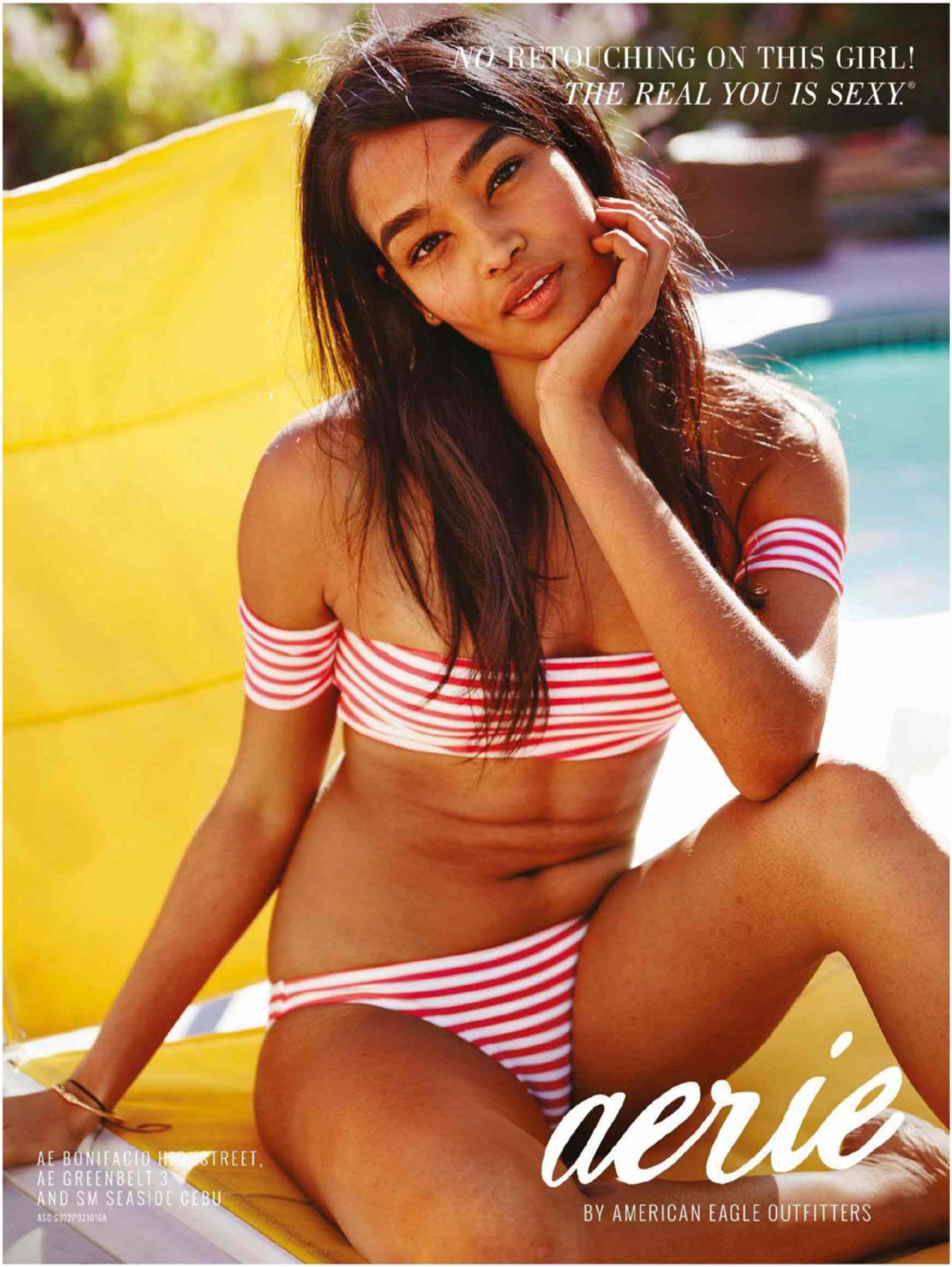
"My wish for the Filipina is recognition. She is truly unique—everyone should know that!"

DAVE GRONA has been doing hair and makeup for eight years. He worked on our fashion editorial "Island Dreaming," p.108, which took him to Bohol. "Getting to travel and explore new places while doing what I love is the best thing ever. The shoot kept me on my toes as I tried to keep the model's sexy beachy waves picture-perfect, but I enjoy these situations. I love challenges!"



"I wish for the Filipina to be more confident and not be afraid to try new things. Have fun and own it, girl!

(PHOTOS/ILLUSTRATION) CLOCKWISE: CJ DE SILVA, LA BENITEZ, ANA ISIP, JASON MARIPOSA


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THIS SUMMER, SLAY!



IT'S 2016, INTERNATIONAL WOMEN'S MONTH, AND THE START OF SUMMER. There's never been a better time to be a woman.

We're happy that the Philippines ranked 7th in the 2015 Global Gender Gap Report by the World Economic Forum, which measures four critical areas of inequality between men and women: economic participation and opportunity, educational attainment, health and survival, and political empowerment. But there's still a lot of progess to be made to uplift the plight of *every* woman in a country where machismo and sexism still thrive: Violence against women is still prevalent, access to reproductive health care and contraception needs to be effectively implemented, gender stereotyping and discrimination still exist, often validated by tradition and social norms.

But you've come a long way, Cosmo Girl: You're in control of your own life, making your own money, climbing the career ladder, looking however, wearing whatever, and loving whomever you want—simply being free to plot your own destiny. You stand up for what you deserve and you get what you want. You're independent, enlightened, and empowered, and you know there is nothing you cannot do.

We wouldn't have reached this point if not for the hard work and efforts of the many brave women who came before us and fought for those rights. If there's one thing we need to ask you to do this month, it is this: "If you are a woman, you must, at the very least, know what feminism really is," says Cosmo associate features editor Gaby Ignacio, who wrote "The Cosmo Girl's Guide to Feminism," p.88. "It's still important because women around the world still face oppression on a daily basis. Negative misconceptions about feminism not only do the women's movement a disservice, but also keep many women from bothering to delve into the very idea of feminism, so we felt the need to clear the air and give feminism the credit and respect it deserves."

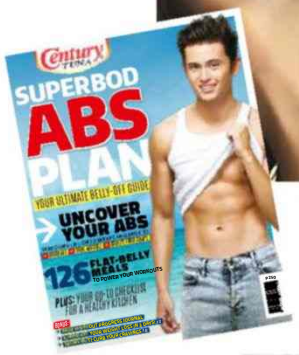
Your feminist sisters at Cosmo stand alongside you in helping you rock the most kick-ass life ever, starting with this issue. Forward March!

Myrza

Myrza Sison, Editorial Director
IG, Twitter @myrzasison
email myrza@cosmo.ph

Yassiree! March cover girl Yassi Pressman at our cover shoot: Good vibes, great bod, fun time! More of her on p.20.





I was a guinea pig for the "flat-belly meals' in this book (left). Read "Kill *Bilbil*" on p.126 to see what happened.

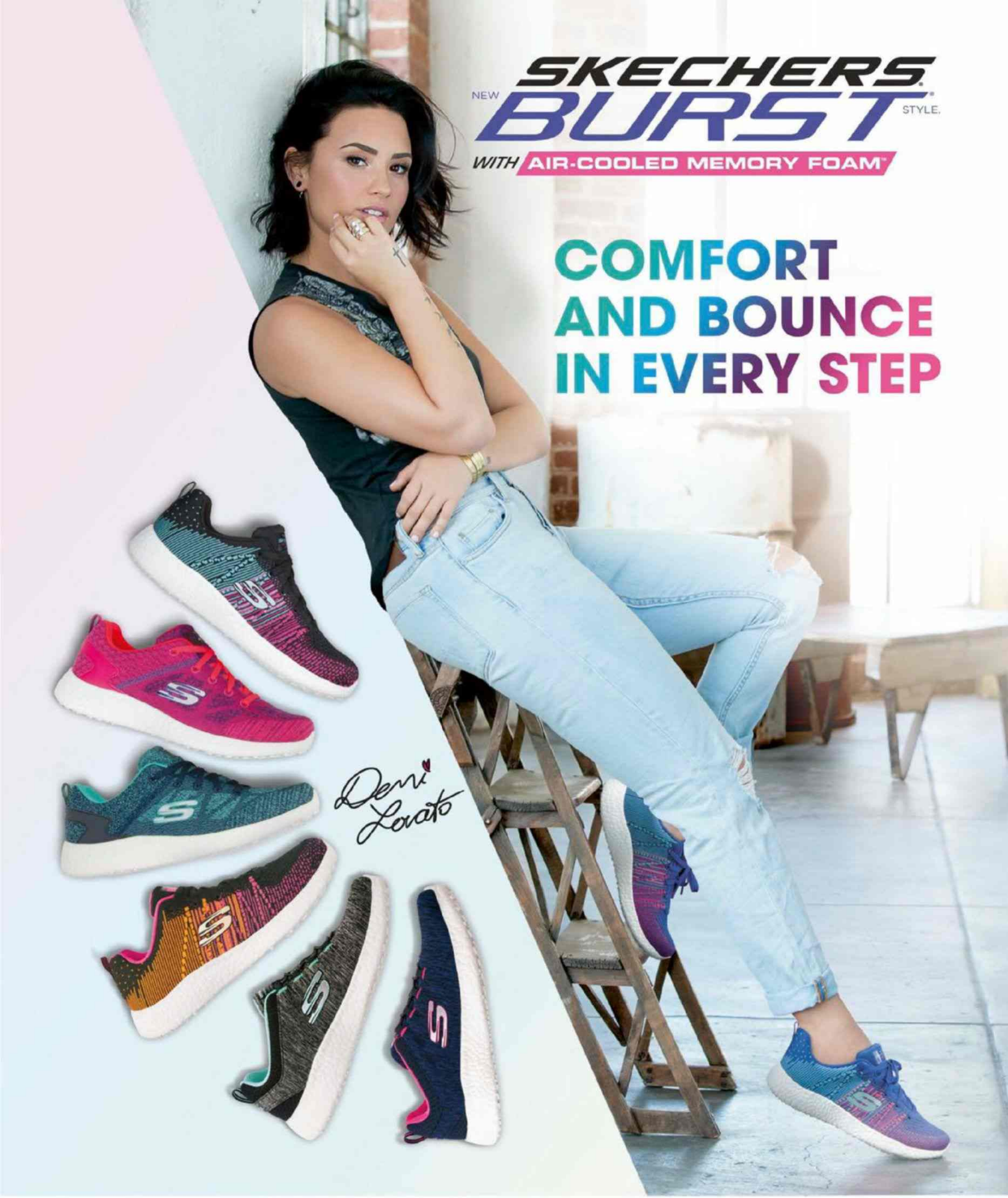
THE BRAIDY BUNCH Alaiza Malinao, one of Como's 8 Sexiest Models of 2015, heats up the beach in the hot hairstyles on p.114.



(EDITORS' PHOTO) DIX PEREZ. (MAKEUP) NELSON AGUILAR. (HAIR) ANTON TOA. BOTH FROM HAIRWORKS MAKATI.



Maillot Magic!
The maillot (pronounced MAH-YOH) is back—good news for carb-loving gals everywhere! Our Anti-Tita Tip: Pick one in a hip new print or not-so-common color combo like this Hawaiian-inspired one from H&M.



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IT'S A COSMO WORLD



@geashsison "I am beautiful because I accept my flaws." —Nadine Lustre. Our queen's always on point.



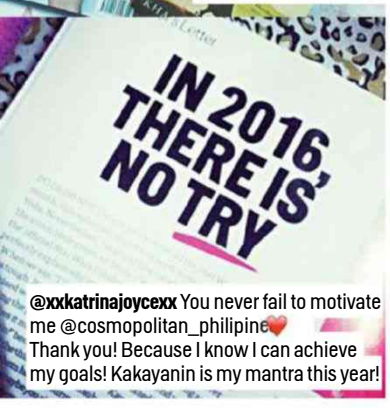
@ms_mimii My post-#Sinulog2016 moment—rest and relax with my #girlcrush @nadzlustre and of course @cosmopolitan_philippines



@senoritostephen Ringing 2016 in with @pantone's colors of the year on the cover of this month's @cosmopolitan_philippines! So happy to see the refreshing face of @nadzlustre on the cover!



@tarminxbelle Leisurely times are made of these. #Libromance #CosmoGirl #ProjectMatabangUtak



@xxkatrinajoycexx You never fail to motivate me @cosmopolitan_philipine❤ Thank you! Because I know I can achieve my goals! Kakayanin is my mantra this year!

COSMOtivation

Inspiration with a Cosmo edge.



"My coach said I run like a girl. And I said if he ran a little faster he could, too."
—Mia Hamm

Fe s a at
Feminism = Equal rights! ❤

"I WILL SPEAK AND SHARE AND FUCK AND LOVE AND I WILL NEVER APOLOGIZE... I AM NOT WHO I SLEEP WITH. I AM NOT MY WEIGHT. I AM NOT MY MOTHER. I AM MYSELF."
—AMY SCHUMER



LETTER OF THE MONTH

Couldn't wait to purchase the January 2016 issue of *Cosmo* on Buqo. It definitely spiced up my new year! I've seen lots of magazines for women abroad and nothing compares to Cosmopolitan Philippines. It's like having a sister talk to you about the real stuff. More power to you, Cosmo! —*Heidee Gragas*

FB & Twitter Chit Chat

@imablakjak
Bought both digital and print copies of Cosmopolitan January 2016! @cosmo_ph

@LittleStarElle
Good thing I have a #Cosmo subscription, I won't miss this writeup about @saabmagalona—The Secret to Being Happy

@justine_esteban
After reading @cosmo_ph with @hellobangsie on the cover, I can say that I like her even more now.

@YingFaLi
Accept your flaws and always stay true to yourself. You are beautiful! Thank you @hellobangsie @cosmo_ph NOTED! #OTWOLResolution

Karen Sta. Cruz
The 2016 Pantone colors of the year, rose quartz and serenity on this issue. What a way to start the year. Nice one Cosmo! Nadine for the win!

Earl Buenavista
Cosmo, I really thank you because you write about life stories that inspire me, the latest fashion trends, love tips, and more! If I could give the BEST MAGAZINE AWARD, I'd give it to you, Cosmo! Advanced happy 19th anniversary and more power to you, Cosmopolitan Philippines!

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SUMMER LOVIN'

2016



sassa angelfish

NIVEA Hawaiian sun

Get a FREE beach towel for a minimum P1,500 single-receipt purchase from participating brands.

See posters for more details.

Robinsons Department Store

Per DTI-FTEB SPD Permit No. 2627 Series of 2016



Exclusively available in National Book Store Power Plant Mall, Shangri-la Plaza Mall and SM Aura Premier, and Powerbooks Greenbelt 4

#ItoyaatNBS

◆ MARCH ◆ happy list



1 SPEAKER EASY

Fill your summer days with sunshine and your favorite feel-good music as you enjoy the outdoors—get waterproof speakers that don't need electricity so you can take them anywhere. Also, follow us on Spotify: Search for Cosmopolitan Philippines and check out our favorite summer jams!

Wireless speakers, Art Box, ₱950



2 Summer Lovin'

Looking forward to having a blast on summer days and nights? So are we. The season of bikinis, beaches, and adventure is finally here and we're loving it as much as we love this cute aqua paperweight. It might just inspire you to find that fun, fearless fling this summer.

Paperweight sculpture, Typo, ₱999

3 Juicy Fruity

Beat the heat (stroke) by filling up on fluids all day, every day. Stay hydrated by making sure you drink at least two liters of H20 throughout the day. Not a fan of plain old water? Use an easy-to-handle squeezer like this one for fresh, citrusy coolers.



Citrus squeezer, Artbox, ₱1,160

(TEXT) TRISHA BAUTISTA. (STILLS) (TYPO) LOUIE AGUINALDO. (QUIRK, HEIMA, KATE SPADE) COURTESY OF RESPECTIVE BRANDS.



Ice trays, Artbox, ₱500

4 Ice Blast

No one wants a warm beer or drink at the height of El Niño. Make sure your ice supply is on fleek to top off your fave drink—whether it's for your morning latte or a nightcap with the gals, you'll be happy to have ice on hand 24/7.

5 Countdown To Freedom

Having a hard time whiling away the hours at work while the sun shines? Sometimes the last mile is the longest stretch, so count down the last few minutes before your lunch break or time-out with a 15-minute hourglass like this one.



Hourglass, Apostrophe, ₱995

6 Specs Appeal

Keep your sunnies spic and span in stylish cases like these. Face-flattering frames can make or break your favorite summer looks, so keep a pair in your handbag at all times.



Glasses cases, Apostrophe, ₱180 each



Plant and vase, Apostrophe, ₱495

WHAT'S HOT



Headphones, Typo, ₱999

Me time. Get your much-needed escape by going on a vacation. Bring your favorite music or series, as well as a trusty set of headphones so that even when you get vacation fatigue, you have the option of shutting everything out.



USB fan, Artbox, ₱820

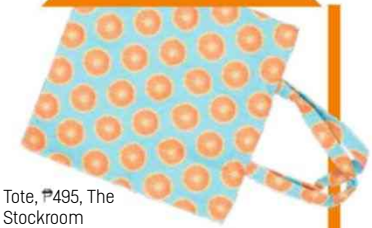
7 NUMBER 1 FAN

Keep your days easy and breezy by making sure you get enough ventilation (no one wants to destroy a nice OOTD with sweat stains!). Get a handy fan like this one that you can plug into your computer or power bank so you can take it with you anywhere.

8 GREEN IS IN

Bring the outdoors in by decorating your desk or living room with low-maint plants in a vavava-vase. Studies show keeping greenery in your workspace increases your productivity by 12 percent—and being more efficient at work means less stress, less cramming, and maybe even less OT!

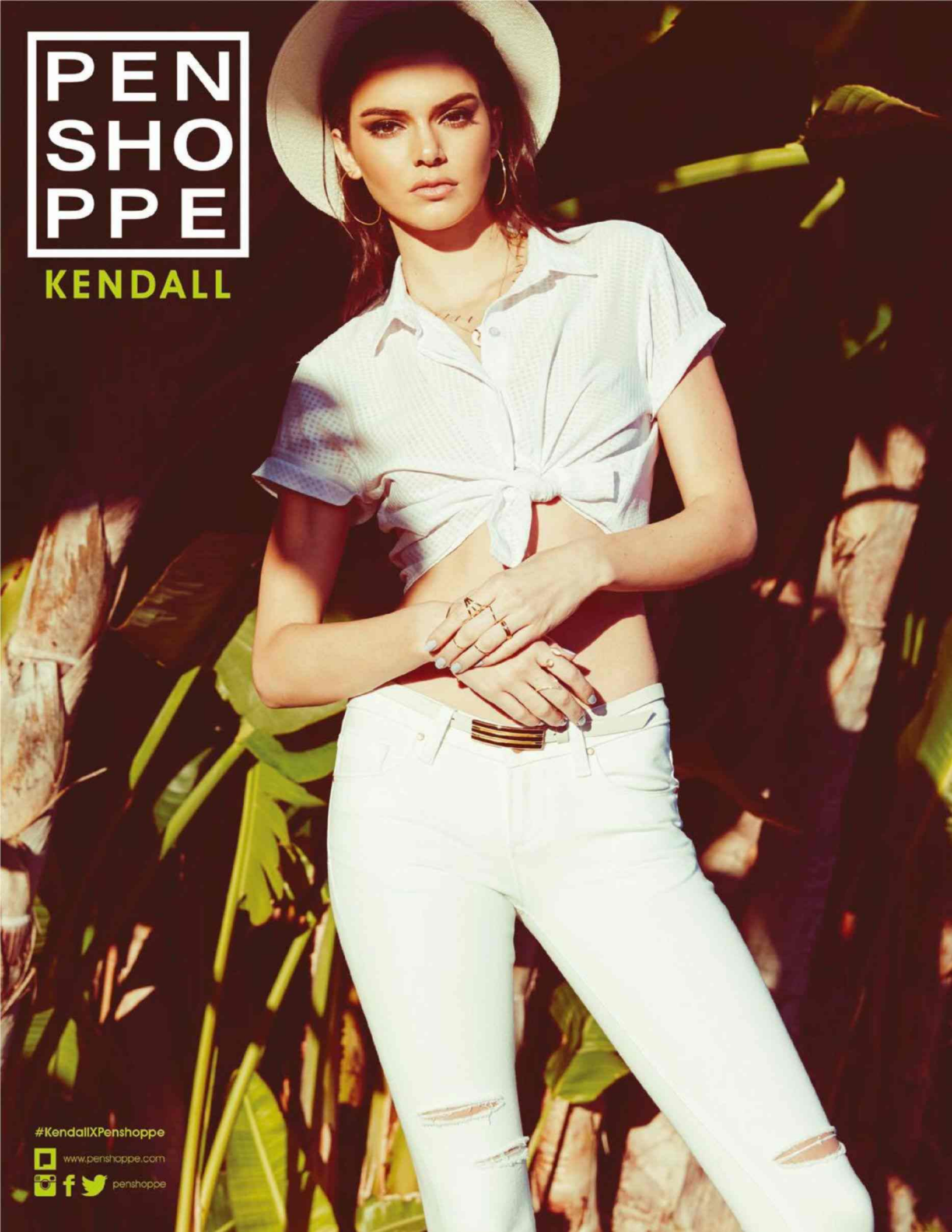
WHAT'S NOT



Tote, ₱495, The Stockroom

Excessive waste. Scientists have been warning us about the dangers of climate change and global warming. Do your part by switching to reusable totes instead of paper and plastic bags.

(TEXT) TRISHA BAUTISTA. (STILLS) (TYPO) LOUIE AGUINALDO.


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just say yas!

BY SASHA LIM UY • PHOTOGRAPHED BY SHAIRA LUNA

Yassi Pressman is the perfect combination of sexy, smart, and cute. Find out why she's totally our #summergoal.





Yassi Pressman reads every single comment on her social media pages: the good, the bad, and the ugly. The 20-year-old multi-hyphenate has been called everything from "stunning" and "life peg" to "trying hard" and "slut"—the latter she considers the worst comment she's ever received. Yassi takes these things in stride. Usually.

(MAKEUP) JELLY EUGENIO FOR NARS. (HAIR) PAUL NEBRES. (STYLING) JOANNA GARCIA. ASSISTED BY HEART DIONISIO.
(BIKINI) I LOVE KOI. (NAILS) LUZ FORTUNO OF TRIPLE LUCK BROW AND NAIL SALON.
(ART DIRECTION) HAZEL JOY MALAGONIO. SHOT ON LOCATION AT PRIVATO HOTEL.

Once, an Internet stranger called her just that via a direct message on Instagram. Apparently, he had caught her in a very engaging mood. "I took a screenshot of his DM and tagged him on Twitter. I said something like, 'Hi. I don't know what I did for you to talk to me like this, but I hope your life treats you better today. Be happy!'" Her fans applauded the way people do nowadays on social media— by targeting the faceless commenter.

"I felt guilty, but (these people) need to wake up. Cyber-bullying has to stop," says the *Diary ng Panget* star. "They're behind a keyboard. They probably can't say that to my face."

It's hard to think that the petite beauty whose smile seems to radiate sunshine would falter over empty negativity, but it's also hard to think that this petite beauty whose smile seems to radiate sunshine would have so many persistent bashers.

Modeling since she was six and working full time in showbiz since age 15, Yassi understands what comes with the territory: glamour veiled with intrigue, followers mingled with haters. She admits she has her moments, but in an industry that's hell-bent on bringing you down, sometimes, you just get the wind knocked out of you. For Yassi, the most important thing is to be able to pick yourself up again.

DANCE DARLING

A few months shy of her 21st birthday and Yassi has a movie, an album, a hosting gig, and a *Cosmo* cover. But right now, all she wants is coffee. She loves the stuff, and even had a phase where she drank four cups a day. Today though, she's postponing her cravings until after the camera exits the building.

"To be honest, I had to go on a diet for this shoot," says the self-confessed sweet tooth and lover of pizza. Chocolate is a "regular in [her] life." She talks about *balut* the way women talk about their husbands—with love and fondness. Her makeup artist chimes in, agreeing with a story about how the actress started indulging in the Pinoy delicacy while wearing only her sports bra.

Yassi points at her midsection, which looks as though it's been chiseled by a Greek sculptor. "These abs aren't always here. In the morning, they're there. They say 'Hello,' but after all the donuts, they tend to go away," she jokes.



The MTV VJ is famous for her sharp hip-hop moves, but she gets her picture-perfect cuts from doing actual grueling workout drills, not dancing. "I only dance for TV and rehearsals and those only last about 20 minutes!"

Her exercise of choice? Boxing and kickboxing, which help strengthen her legs. She used to box often enough to consider it her sport, but now she works out at home using various fitness apps. "I get bored very easily, so I always try something new or take workouts in turns," Yassi explains. Treadmills are a no-no, and if she does go out for a run, she has to keep changing routes.

She's on the Nike Training Club app, with routines as short as 15 to 30 minutes. She tells us about 7, another app which curates HIIT (high-intensity interval training) programs. "The workouts last only seven minutes, but they're very intense and there's no rest. You have three lives, three hearts, and you lose one if you skip a day."

A smile forms on her lips. "*Hindi ko siya ginagawa, siyempre,*" she whispers, matter-of-fact. "I try to do the one on the third day so I won't die." Despite her little cheats and sneaks, Yassi is in the zone. "This isn't my natural body type, so I have to work really hard," she admits. "There are workouts now that are really made to match your lifestyle, so there's no excuse."

The twinkle in her eyes turns earnest. "This is my responsibility because I'm in this industry. I have an obligation to fit into what the clients want," she says. "That doesn't mean I have to give up the stuff I love, which is food, but I respect my job—and part

(BIKINI, THIS PAGE) I LOVE KOI. (BANGLES) LOVEROCKS JEWELRY. (BIKINI, OPPOSITE PAGE) I LOVE KOI.

of that is doing my job off-screen." For her though, abs are a bonus. "Being fit is the extra goal. Being healthy is the priority. You don't have to be *batak*. You don't have to have a six-pack. We all want to live our lives to the fullest so let's take care of our bodies."

DADDY'S GIRL

Doe-eyed with stunning *mestiza* good looks—you'd expect these ingredients to carve out a pretty easy path to stardom for Yassi. But she was a pretty face amid a sea of pretty faces, all with the same dreams. What's worse was that everyone told her that she could never be the star.

She was just a dancer. Dancers were meant to sway their hips and kick up their heels while some siren took up the spotlight. "I felt very held back before. People told me *hanggang dito ka lang*." Yassi's voice rises slightly, still appalled by the memory. "I don't agree! Dancing is an amazing talent. When I was starting out, people described me as 'the dancer,' and I always took pride in that." Suffice to say, it wasn't a very good point in her career.

It's ironic that Yassi now hosts a show called *Born to Be A Star*. It could very well be four-word shorthand of her life.

The Princess of the Dance Floor doesn't espouse complex wisdom for the lessons she's learned, and the leg up she needed was only as far as the bedroom next door. Way back when, her dad advised her to never give up, and it's his encouragement that has guided her from school to showbiz. His words are like a well-worn pair of jeans, becoming more and more accustomed with time. "He said, 'I believe in your talents. You just need to believe in them as much as I see it happening.'"

Yassi's isn't the strength you get from the gym. Her parents separated when she was young, and like all children who experience such circumstances early on, she had to grow up fast. "Their separation spanned my grade school and high school years. They were trying to work it out, and as kids, my sister and I appreciated that they wanted to keep us a family," she recalls. Practicality enters her tone. "Some people are just happier apart and what my parents had is still amazing," adding, "As long as you're happy, you stay where you are. If you're not, then leave. That's not a bad thing."

Yassi describes her dad and little sister ("I used to hate her, but now she's the best gift my parents have ever given me") as "amazing." "Then, if you see the ratio of bashers to the sweet comments from my fans...*sobrang wala talaga!*" With such a solid support system, it feels, then, that the trivialities of showbiz are just that—trivial.



(BIKINI, THIS PAGE) I LOVE KOI. (BIKINI, OPPOSITE PAGE) CESA.

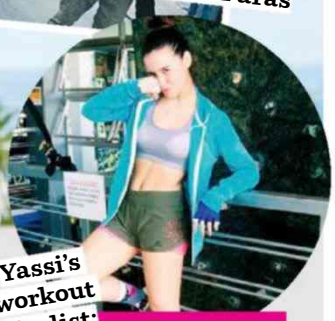
UNSCRIPTED, UNFILTERED

Yassi's 1.2 million Instagram followers have seen nearly all sides to her personality, from the smoking-hot girl drinking fruit shakes on the beach to caffeine-crazed dancer shaking it to Justin Bieber at midnight.

The Cosmo Quiz



With love team mate Andre Paras



Yassi's workout playlist:

- Boss
- Fifth Harmony
- Worth It
- Fifth Harmony
- Diva
- Beyonce
- Stronger
- Kanye
- circles
- machine heart
- Let Go
- RAC
- Roses
- Chainsmokers
- Boys Like You
- Who is Fancy
- Came By The Ocean
- DNCE

Name:
Yasmin Isabel / Yassi

People call me:
Yass. baby girl. Yassi.

Singing or Dancing:
uh-oh. This is hard.
But first love wins, Dancing.

Favorite dance move?
I don't have one heehee.
or maybe the hair whip!

Three tips to get killer abs:
- Do crazy abworkouts slowly.
- dont drink any water before you need them. HAHA.
- BOX!

My biggest fear:
FALLING... (uyy. HAHA ;))
Totoo tho. Heights :)
and IPIS xx

My type of guy:
Funny. Consistent. Smart. Genuine

Worth the calories?
a. ice cream !!!
b. burgers!!!
c. cake!!!
d. chocolate!!!



In Seoul with BFF Nadine

My dream beach destination:
Maldives

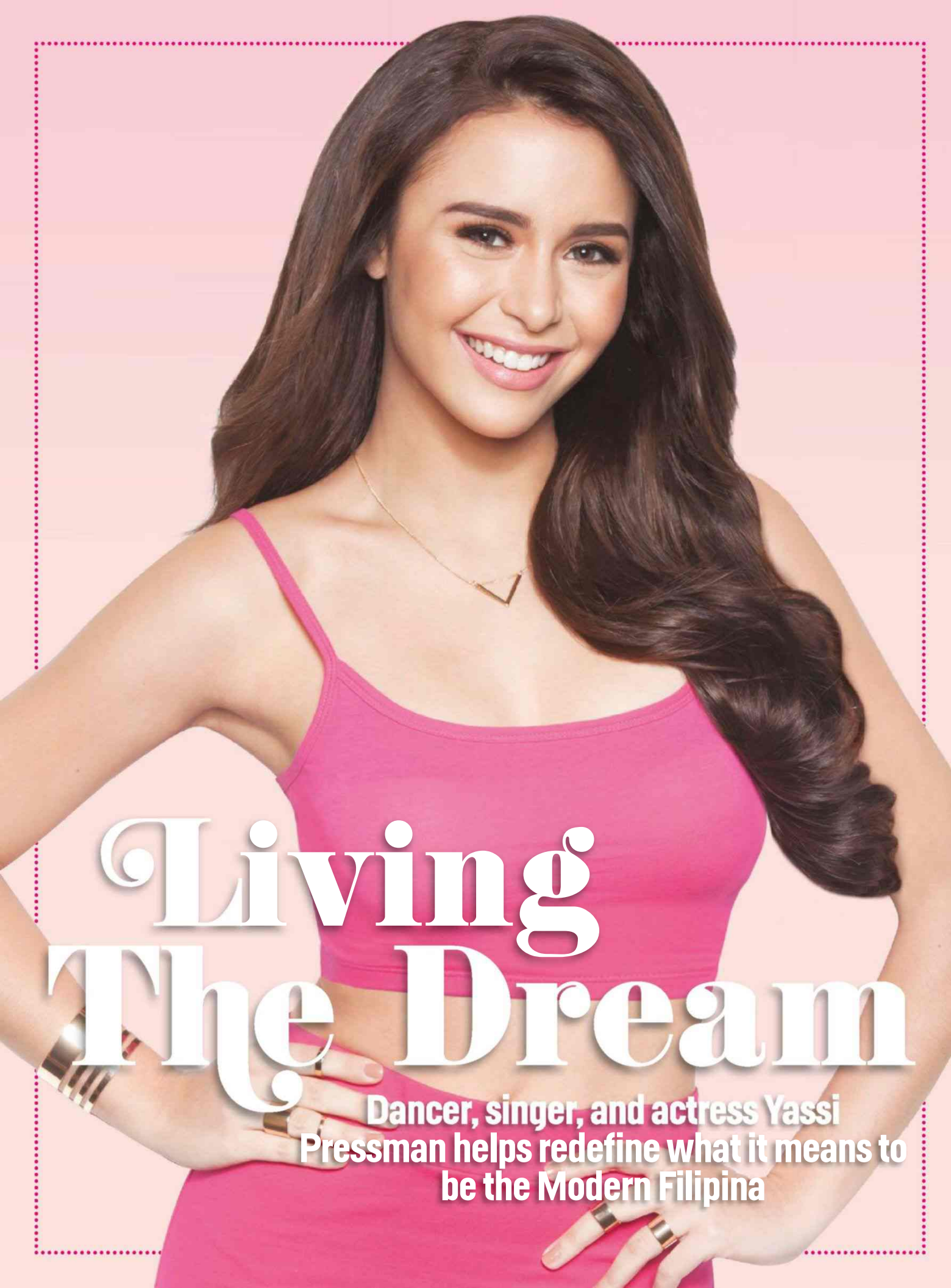
My BFF Goals:
Travel Together
(check)
Korea with Nadine Nov '15.
tt soon....

Best advice from my dad:
Never give up.



Yassi and dad Ronnie

Yassi



Living The Dream

Dancer, singer, and actress Yassi Pressman helps redefine what it means to be the Modern Filipina

“I was always given small roles in teleseryes. Now, things are so different because the trust has been given to me to lead in a movie.”



In the ever-fickle entertainment industry, it’s easy for a girl to get lost in a crowd, no matter how gorgeous she may be. After all, while being beautiful might get her noticed, it’s what lies beneath the surface that will define her success.

At 20, Yassi Pressman is proving, seemingly effortlessly, that she is so much more than just a pretty face. The young star has been making waves as that most millennial of things—the slasher—with a résumé including singer, dancer, actress, host and, most recently, stylist, among her credentials.

First introduced to the industry at the tender age of 6, Yassi has become a model for a new breed of Modern Filipinas. Since she made the decision to break into show business four years prior, she has made an almost seamless transition from fluffy, feel-good teen soaps to grittier, meatier roles few artists of her age would touch with a ten-foot pole. Her star power has not only resulted in her being given the lead role in the adapted film version of the romantic novel *Girlfriend for Hire*, but also the opportunity to flex her acting chops in the horror television series *Class 3-C Has A Secret*.

“I was always given small roles in *teleseryes*. Now, things are so different because the trust has been given to me to lead in a movie, and I never thought that could have happened,” she shares. “I never imagined such pressure to be put on my shoulders and for people to trust that I could handle it. It’s really, really different now.”

A true Modern Filipina isn't afraid to be herself.

The pressure doesn't show, though; Yassi handles all the opportunities coming her way with the grace and calm usually seen in a much more seasoned talent. The key to keeping her chill? "If you get to know me, you'll know anything that's either hard or super bad vibes, I try to push to the side. I focus on the support that I already have. Instead of thinking, 'Oh my gosh, will the movie be okay?' I'll think about the support that I'm getting from social media, from readers, from fans."

Her passion for the work she does is clear in every move she makes, from her social media posts to her public appearances, and even during downtime during her many photo shoots: Yassi is a trooper, and she has managed to find a niche for herself that allows her to do what she loves. "I hope that when I'm onstage, or when I'm hosting, they see the real me. I'm not one of those people who put walls in front of them; I become me. It's just me. It's authentic and hopefully they like what they see. That's all I really bring to the table. Not too much is fed," she says. "Even at a young age, I wasn't afraid to express myself. I'm very random, and I speak my mind. There's always something that everyone has uniquely, but for me, speaking my mind and not always following the rules was what made me the Modern Filipina. I don't follow the idea of gender inequality, because I've always believed that everyone is equal."

She adds, "Ever since I started doing VTRs, I'd experienced a lot of rejection. I've never ever thought I'd be accepted for a hair commercial, because I always thought you needed to be perfect, you needed to be this or that. That's why I love Cream Silk: The brand shows the Modern Filipina, flaws and all. Growing up, I thought you needed to be perfect, but Cream Silk said 'It's okay. Transform yourself. Accept your flaws, and make them what makes you better and different.'"

Her authenticity and honesty as an artist set the talented, passionate, endlessly enthusiastic Yassi Pressman apart, and are exactly what make her a perfect fit as a Creamsilk ambassador. "Dreams do come true," she shares thoughtfully. "I hope girls everywhere would also see that in themselves and know that there's always going to be someone who has a better this or that, and we're in a world where we're always being judged, but you have your own edge and that will make your dream come true and help you make you a better you."

> ***"Growing up, I thought you needed to be perfect, but now I realize that it's okay: Transform yourself. Accept your flaws, and make them what makes you better and different."***



Yassi Says...

If I could perform with anyone famous, it would be _____.

Beyonce!!! 
Diva/Halo/7ll
(sa superbowl please. HAHAHA!)

My current LSS:

Hollow - Tori Kelly
Hands to Myself - Selena G.

Describe the Modern Filipina in five words.

The Modern Filipina is Confident, strong, fun and beautifully flawed (its okay :)

I feel most confident when _____.

I have my lippie on, my smile on :) and My Beyond Beautiful Hair



Transform YOUR HAIR TO BEYOND BEAUTIFUL



NOTHING CONDITIONS LIKE

CREAM SILK®

Based on unique formulation



ASC UO40P100815C

The Modern Filipina Transformed



Cream Silk Transformations: Spotlight on the Modern Filipina, held at the World Trade Center Tent on January 23, was truly an event to remember. Kicked off by an afternoon of insightful talks and workshops given by beauty industry leaders and game-changers, the occasion was capped off by a spectacular evening full of firsts.

At the Cosmo lounge, readers were treated to a beauty salon experience complete with Cosmopolitan cocktails and a video selfie station where they could show off their new looks, as well as an informative talk by Cosmo beauty editor Meriam Ahari. In the evening, the keynote speaker, Cosmo and Summit Media Editorial Director Myrza Sison, gave a talk on the power of transformation.

The highlight of the night was the first-ever live cover shoot experience with Cream Silk's Modern Filipina endorsers (including March Cosmo cover girl Yassi Pressman). A surprise appearance by Miss Universe 2015 Pia Wurtzbach (her first in the country since she won the title) thrilled the audience to no end. Pia not only took her well-deserved victory walk, she also shared her own inspiring story of transformation and encouraged the Modern Filipina to "never give up on your dreams!"



Cream Silk's Modern Filipina endorsers at the first-ever live cover shoot for Cosmo and other top magazines.



Cosmo cover girl Yassi Pressman gets dolled up by her glam team before her live cover shoot.



Loving your Cosmo confidence, Yassi!



Cream Silk's Modern Filipinas (L-R:) Julie Anne San Jose, Coleen Garcia, Nadine Lustre, Heart Evangelista, Rachelle Ann Go, and Yassi Pressman.



Cosmo Editorial Director Myrza Sison shares her own transformation story.



Pia Wurtzbach makes her first Philippine appearance as Miss Universe.

Blogger Patricia Prieto hosted the program at the Cosmo booth.



Cosmo Beauty Editor Meriam Ahari shares her tips and tricks.



FlipTrip CEO April Cuenca talks about how traveling has changed her life.



"If I want to post something, I will, even when the color's not right or the lighting's not perfect," she declares. "My Instagram page is my personal page. I don't want it to be bound by the characters I play. Those are people I love—but I they're also people I just play. They're not who I am."

Yassi's albums aren't filled with chic flatlays or even randomly cool or amusing photos. Her cellphone has its fair share of selfies—and about 15 retakes. Her profile is admittedly a mess, blurry snaps with professional shots, exquisite pictorials with hilarious memes. It's this fun medley of glam Yassi and quirky Yassi that engages her fans. She's still the gorgeous TV star that they aspire to be, but she's also that down-to-earth girl-next-door who inspires them to actually aspire.

"I'm not pretentious. I do enjoy being dolled up—but just as much as I do dressing down," she explains. Showbiz is notorious for its pursuit of perfection, but Yassi interprets this her own way. "You need to be the most beautiful you you are," she insists.

Yassi's life isn't seen through rose-colored Instagram filters. "I have bad skin days, messy hair days, body disproportion. At the end of the day, we're all really human. We can't always have a glam team." She snickers loudly. "I won't not post photos with my friends just because *hindi ako naka-ayos.*"

Social media and Clarendon may have skewed spontaneity, but a layer of color can hardly mask the truth. Yassi comes up with advice just as comforting as her father's. "As long as you're honest with yourself, you'll find confidence. It's not something you should force."

It's easy to say, sure. Yassi herself is still gingerly getting into the groove of the biz. Only recently, she was at a launch where she was presented onstage as one of the newest endorsers of Cream Silk. "I was so nervous, but I just kept running around and telling myself I was cold. I had goosebumps because I was freezing," she shares. In a bare-midriff two-piece pink co-ord, it wasn't exactly false. "I was wearing the least clothing there!" she laughs.

Her confidence stems from a distinct sense of accountability. "I never got *palo,*" slight disbelief creeping up in her amused tone. Her dad, though always ready with a tip or three, not once set rules for her, always choosing to remind rather than reprimand. When she'd want to stay out with friends, her dad would just say, "I'd advise you to come home early because you have work tomorrow, but if you think you can work professionally, you won't be sleepy, you won't fail in your job tomorrow, then you can go out." She explains, "It's always, at the end of the day, my decision—and he supports me no matter what.' Her dad, she says, is MTV's No.1 subscriber.

IN MANY PIES

Yassi 's excitement is uncontainable, and right now, it's only her impressive—and hard-earned—Size 2 frame that's keeping her from going all over the place. She belts out an incomprehensible hum as she waits for the elevator that will take her to the next shoot location. It becomes a full-blown "la la la" in the 30-second ride to the roof deck.

This is just a hint at what Yassi is: a lover of life, a trier and a doer. She's currently floating across networks, which allows her to be more flexible in her choices. "Whoever wants to give me opportunities, I can take them," says the *Girlfriend for Hire* leading lady. That includes non-showbiz prospects.

She co-owns Tipsy Pig, one of the metro's hottest nightspots. She's there every Thursday, and she animatedly chronicles one night when the bar was so full, customers settled on soda crates. "Some people decided to just stand up. They didn't want to leave because they liked the music!"

Yassi's future has been set since she was six, when, after appearing in her first TV commercial, she told her parents (the family was just here on holiday) she wanted to stay in the Philippines. This is where she belongs: entertaining, conversing, even off-cam pursuits take her here. Sticking her in an office would be as torturous as putting her on a treadmill. "I can't work in a place where I have to print paper!" she says with mirth.

This girl has a lot more places to go, and with a young heart for adventure and the sensibilities of a veteran, she'll get there.

For Yassi, it's all about passion and following her heart—and she's at a stage of her life when she can afford it. "If you love it, it's worth it." Yas, indeed.■

Wanna see Yassi answer 10 super random questions? Check out WWW.COSMO.PH

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PREPARE *to* REPAIR



Warning: Get ready for the worst heat wave this summer. As temperatures rise and your hair gets dried and damaged, make sure you're protected!



IS OUR HAIR SUMMER-READ ?

This summer's all about days on the beach, nights on the town, and everything in between—including looking your absolute best. Aside from your #OOTD and your sun-kissed glow, your hair should be on point and ready for anything! Whether you're bumming around at the beach with the sun high up in the sky, jumping off a 25-foot cliff with the wind on your face, trekking the highest mountain with the dirt and dust all around, you can still keep your locks healthy, beautiful, and damage-free.

THE DAMAGE

Your hair may not get a sunburn or uneven tan lines, but it can't escape from damage caused by the sun, resulting in weak, dry, and brittle strands. The worst part is, brittle strands almost always lead to split-ends. You may think that this hair issue is nothing to worry about—perhaps because it's not as visible as other signs of damage—but this isn't the kind of problem that disappears on its own.

So if you have damaged hair or are worried about split-ends, give your hair an extra dose of TLC as it is more prone to even worse damage, especially when you spend entire long weekends lounging on the beach or riding the waves at sea.

THE BAND-AID SOLUTION

When the damage has been done, the extreme post-beach effects will leave you running to get the quickest fixes for your hair. You may opt to pull your hair up into a bun, thinking that hiding the damage is the solution. You may even subject your hair to even more styling damage on a daily basis—at least your hair will look healthy, right? As a last resort, you may even consider chopping off those annoying split-ends at the salon to get rid of your problem once and for all. Are you #GuiltyAsCharged?

THE REAL-CARE SOLUTION

Wake up, sister! Those band-aid solutions for hair damage are not in it for the long haul. You have to up your hair repair game and go for top-notch care by Dove. Good daily hair habits are the best way to keep your strands strong, so they can soak up the sun like it's NBD. It just takes three easy steps to protect your hair and to get rid of damage, stat!

HAIR REPAIR IN JUST 1 MINUTE!

Formulated to be the best solution for damaged hair, the **Dove Intense Repair** range instantly repairs the signs of damage after just one wash. The more you use it, the more it nourishes your hair, making your locks healthier, stronger, and more beautiful. Split-end-free or not, your hair will thank you for all the TLC it receives from Dove!

- First step, use **Dove Intense Repair Shampoo**, which strengthens and nourishes your strands from roots to tips with its patented Micro Moisture Serum.
- Give the repair routine a boost with **Dove Intense Repair Conditioner**. It's one of Dove's most effective conditioners yet, as it protects your hair with Keratin-Actives that treat your hair deep into the core, repairing it inside-out.
- Alternatively, you can also finish strong with **Dove Intense Repair Daily Treatment Conditioner**, a dual-phase treatment that turns extra dry, rough strands into smooth and shiny locks. Thanks to its next-generation ingredients with effective repairing powers, your hair can be beautiful and surface-damage-free all season long.



TAKE THE #DOVESPLITENDSTEST

Find out if you have split ends in three easy steps!



1

Take a small portion of your hair ends.



2

Brush your strands until the ends of your hair graze against your face.



3

Does your hair feel smooth like an oh-so-flawless Kabuki brush? If so, you're likely to be free of split-ends. Or does it feel rough and prickly like a broom? Sad news for you, your hair is probably wrought with split ends.

COSMO VIBES.

This summer, we're sprinkling a bit of sky and sea (and some major chill) on all the things!

SWEET TOOTH

Who'll bother counting calories when said calories are wrapped in the daintiest, prettiest cupcake holders like these? — JILLIAN GATCHECO, EDITOR-IN-CHIEF, cosmo.ph



Cupcake holders ₱140/pack of 40
Cupcake stand, ₱1,850, Celebrations Party Central

SKIN SAVIOR

I love how this emulsion doesn't feel greasy at all and quickly gets absorbed, leaving my skin with a nice, dewy glow. — MERIAM AHARI, BEAUTY EDITOR



Perfect Renew Emulsion, ₱1,950, Laneige



Totoro doll, ₱600, Stockroom

GOOD NEIGHBOR

I'm a major Miyazaki fan, so this Totoro plushie has a permanent place on my office desk! —ANGELICA GUTIERREZ, EDITORIAL ASSISTANT

MAKING A CASE

I never travel without a pair of sunnies, and this kitschy-cute case keeps 'em safe in my bag! —MYRZA SISON, EDITORIAL DIRECTOR



Sunglasses case, ₱180, Apostrophe



Tulle pom-pom, ₱120, Celebrations Party Central

PARTY PUFF

My secret to making a space look more Pinterest-ing? These cute pom-pom hanging from the ceiling. — HAZEL JOY MALAGONIO, ART DIRECTOR



OH!-OTD

I'm totally taking my cue from blogger Aimee Song—both her coat and her background are on-trend! —HAPPY LOPEZ, FASHION EDITOR

LIGHTHOUSE LOVE

I can practically smell the salt in the air every time I look at this quaint little candle holder. —MICH LAGDAMEO ROQUE, MANAGING EDITOR



Candle holder, ₱395, Apostrophe



Papier maché horse, ₱450, Stockroom

GIDDY UP

My hand-painted taka or papier maché horse will make the perfect decor for my fiesta-themed summer bash! —TRISHA BAUTISTA, ASSISTANT LIFESTYLE EDITOR

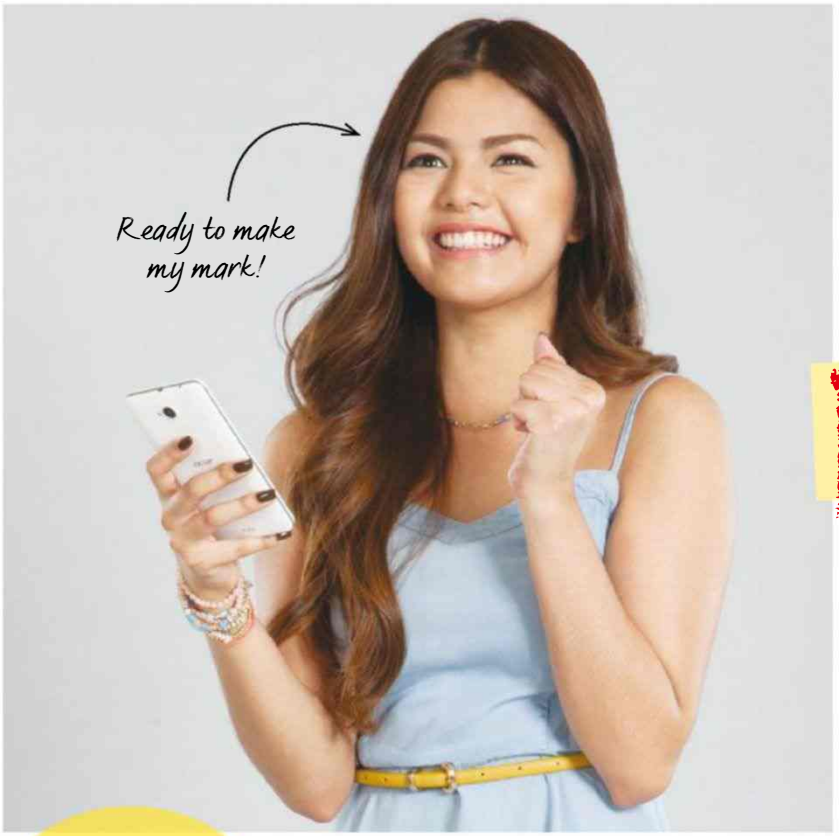


MASK MANIA

Summer weather means my sensitive skin needs extra TLC. Time to resurrect my weekly mask ritual! —GABY IGNACIO, ASSOCIATE FEATURES EDITOR

Moisturizing Ampoule Mask Sheet, ₱168, Banila.co

(CREDITS) (PHOTOS) LOUIE AGUINALDO. (NUXE) COURTESY OF RUSTANS.



Get to Work!

Want to make the best impression at your first job? Heed these tips and bid your #firstjobproblems goodbye!

Q: I'm three months into my first job, and I notice that all my co-workers seem to always have new shoes, new gadgets, and out-of-town getaways every week. *Inggit ako!* With my fresh grad salary, how do I save up to splurge like that?

A: A: Don't expect to be able to afford all your *luho* with your starter salary—as you climb up the career ladder (read: earn bigger *suweldo*), you'll be able to tick off more from your dream purchase list. Be patient! For now, explore all your options and see which one will give you the best value (ex. choosing a bag you can use every day)—that way, you can maximize your limited budget and still get one item off your bucket list!

Q: My family's been bugging me about treating them when I receive my first *suweldo*. They've been so *kulit* about which restaurant to go to, and the things they want me to buy for them. I'm so pressured! Do I really have to go through this tradition?

A: Everyone has experienced giving their first *suweldo* treat, so don't sweat it too much—think of it as another step to being a full-fledged adult. Just make sure you pick a venue that gives you the best value: It has to be the right balance of fancy, tasty, and affordable. Maybe you'd prefer a buffet place instead of a super expensive restaurant, or just cook up a storm at home and prepare a special sit-down dinner (complete with table styling and seat cards) that will look and feel like you spent a fortune!

Q: My workmates and I get along well professionally, but since I'm the newbie in the group, I haven't been able to connect with them on a more personal level. How do I show them that I can be part of the *barkada* even after work hours?

A: It's never easy to be the new kid on the block, so you'll have to make a conscious effort to show them you want to be part of the squad. Start off with casual chit chat, then casually invite yourself to *merienda* breaks by the pantry. Once your presence has been established, follow your new friends on social media—it'll make them feel more validated (making them feel more fond of you in the process). Being connected on social media will tell you more about your colleagues' non-work interests, arming you with topics of conversation both of you can vibe with.

Rock Your First Job with Sun Postpaid Best Value Plan 599

Does your lack of mobile data give you legit #firstjobproblems? Avail of Sun Postpaid's Best Value Plan 599. This all-in mobile plan gets you a free smartphone, tablet and a Sun Pocket WiFi with 200MB of data. Enjoy unlimited Sun calls and texts, 250 texts to other networks, 250MB of mobile data allocation and non-stop Facebook access. Now you can make the best first impression at your new job!

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BEST VALUE
PLAN 599

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COSMO CONVO

BEYOND SKIN DEEP

Like beauty pageants? We do too, and it doesn't make us bad feminists.



In it to win it.

It was only the National Costume segment of the Miss Universe 2015 pageant and already, Viber group alerts were flooding my phone. They were coming so quickly I barely had time to watch as gorgeous, statuesque women bedecked in feathers and glitter and sequins and (sometimes questionably) shiny fabric sashayed onscreen, oozing fabulousness and nationalism.

Guys, Miss USA is Freedom Barbie, someone observed. *I love how Miss Colombia projects; she looks like motherfuckin' Sofia Vergara*, another person gushed. *Gurl, Miss Thailand is a tuk-tuk. Siya na.* And when that Steve Harvey debacle happened? Game over. Reactions ranged from the onomatopoeic ("UUUNNNGGGHH!") to rant-like tirades along the lines of, "How could they do this to Pia?!"

At this point, it must be pointed out that some of the most, well, passionate reactions came from a group composed of some of the most intelligent, progressive, and open-minded people I know.

BECAUSE OF OUR JUDGMENT, **WE FORGET THE BLOOD, SWEAT, AND TEARS** THAT GO INTO PREPARING FOR PAGEANT DAY.

It's a popular opinion that beauty pageants are terribly anti-feminist, asking women to parade themselves on a stage in swimsuits before a panel of judges. This is, of course, a valid point. After all, beauty pageants started as an event where contestants' body measurements were emblazoned alongside their states or countries of origin, numbers as much a consideration for the crown as their 30-second answers to questions ranging from the mundane ("What is your ideal date?") to the sensitively political ("How do you feel about international bases in your country?").

I guess it's sometimes easy to forget, thanks to all the literal pageantry and eye-searing sartorial embellishment, that although pageants put some of the world's most beautiful women onstage to strut their stuff in sky-high heels, skimpy bikinis, and veritable works of wearable art, there are also moments when these women—educated ones, it must be said—are talking about promoting awareness of issues like HIV, food shortage, and the environment, and values like female strength, education, and cultural diversity. As with everything, the good sits alongside the bad.

Yes, beauty pageants can be problematic—I admit that. Some hosts spout off misogynistic, objectifying lines like there's no tomorrow amongst scantily-clad women smiling like their lives depended on it. The very name of the exercise—beauty pageants—puts the physical front and center. But liking beauty pageants and enjoying the two hours that those dozens of contestants have been working toward for years? Enjoying the parade of WTFery that are the national costumes and squeeing over how gorgeous the evening gowns are? Seeing the abs on Miss [INSERT COUNTRY HERE—ANY COUNTRY] and pencilling in a yoga class, stat? That doesn't make anyone a bad feminist.

Because of our judgment, we forget the blood, sweat, and tears that go into preparing for pageant day. Hearing about the seven-day workout schedules, training regimens, game-changing styling decisions, there's almost a parallel to the preparation undertaken by elite athletes before a big match or a particularly important season. Miss Universe herself, Pia Alonzo Wurtzbach, had to go through the rigorous Binibining Pilipinas process three times before finally finding her footing as her country's contender. If that isn't a testament to her sheer determination, drive, and willpower, then I don't know what is. By dismissing pageants as an exercise benefitting nothing but the patriarchy and deeming the contestants to be nothing but walking, talking, living Barbie dolls, we forget that many are there because they wanted to be, making us guilty of the very judgment we rail against. And what could be more empowering than seeing a woman doing exactly what she set out to do?

(TEXT) GABY IGNACIO. (PHOTO) GETTY IMAGES.

DEBATE

Are Pinays scared of being called feminists?

For all the talk surrounding feminism, we wanted to find out: Do Pinays embrace the term or not?



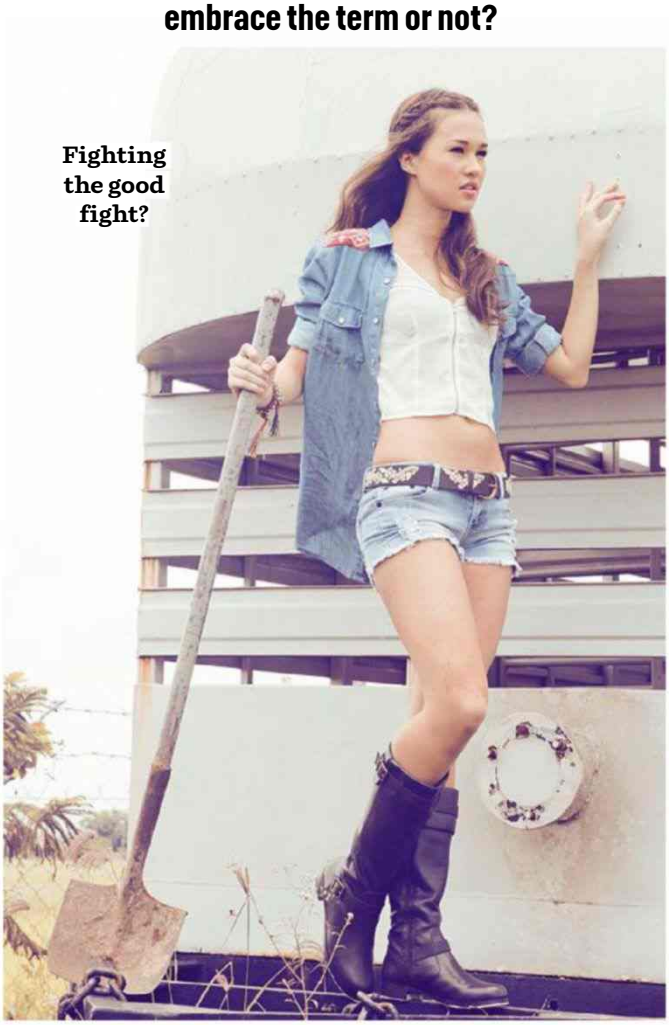
YES

MC Martin, 30
College instructor

Yes, and this isn't something exclusive to Pinays. It's quite plain to see that women everywhere (from Meryl Streep to the woman sitting next to you at the salon) have developed a kind of aversion to the word. I suppose this is because the term sounds passé—considering many associate it with suffrage movements and bra-burning, which seem so far removed from our current realities and experiences.

Depictions of feminists over the past several decades have had a hand in this, too, and now it has become difficult to shake off the image of a man-hating, perpetually angry woman as the stereotype of a feminist. It seems that "feminism" is also taken by many to mean "dominance over men," which completely goes against the whole point of feminism in the first place.

But this doesn't mean that Pinays aren't feminists. We may shy away from the term but we do exercise our own brands of empowerment. It's really just a matter of cleansing the term "feminist" of the negative concepts associated with it. Once that's done and the true meaning of the term is clear among all, I'm sure we won't have anyone shirking away from it.



Fighting the good fight?

COSMO GIRLS WEIGH IN

THROUGH AN EXCLUSIVE COSMO.PH SURVEY, WE FOUND OUT THAT...

12% ARE STILL AFRAID OF SUCH A POWERFUL TERM.

88% DON'T MIND BEING CALLED THE F-WORD.



NO

Shellyn Gomez, 31
IT professional

Being called a feminist is flattering, not scary. Seeing women like Beyoncé or Emma Watson advocating this ideology is inspiring and motivating. Being a feminist is not something to be afraid of or scoffed at; it is simply about letting people know that you want the same opportunities and rights as men.

There is a thin line, though, between being a feminist and a bitch. Being a feminist is about advocating your rights without being imposing and entitled. There should always be mutual respect, understanding, and clear communication about relevant issues.

Feminism isn't about gender competition but rather a symbiotic relationship where everyone is on equal footing. It should not come across as wanting special treatment; it should be more about quashing the centuries-old mindset that women are inferior and play second fiddle. Times should have changed. Women are becoming more empowered. Our roles have expanded and people should look at it as an opportunity rather than a threat.

(LEAD PHOTO) SHAIRA LUNA.

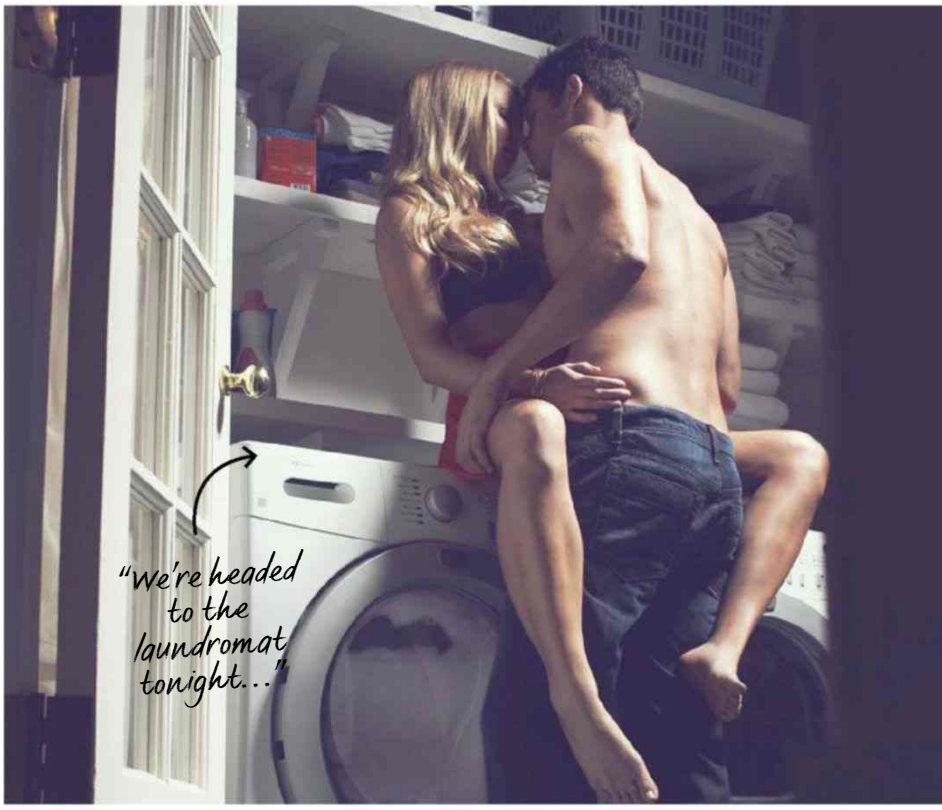
FunFearless

CONFESSIONS

Cosmo readers share their steamiest secrets and embarrassing experiences.

1 GOODS ON DISPLAY

"My BF's parents came to visit, and I wasn't wearing a bra. It turns out that when I was sitting down, my shirt gaped so you could see one of my boobs. His parents had to have noticed!"
—JAIME, 23



2 LAUNDROMAT-RESS

"My fiancé and I were so horny one night after having dinner with my parents that we ended up having sex in their laundry room, on top of the washing machine. It's not as sexy as it sounds—maneuvering our bodies wasn't easy and we ended up with aching limbs." **—BELLA, 26**

3 RELATIONSHIP-ZONED

"I was looking for something casual, so I filtered on Tinder to find guys just visiting. I found a cute guy from France. Turns out, he had no plans of heading back to France, and we ended up dating. So much for avoiding a serious relationship!"
—DINA, 21

4 Reporter Off Duty

"I was on my way to a game I was supposed to cover when my BF started sending me kinky messages. I decided to drop by his place for a quickie that ended up being an all-day sesh, and I completely missed the event."
—BEA, 27

5 CRAMP-CEPTIVES

"I met this really cute guy through Tinder when I went on vacation. He took me out to dinner and was a perfect gentleman. It was turning out to be a great night. We started making out in his car parked outside my hotel, and things were getting pretty hot—until he got the worst case of leg cramps. He was writhing in pain and I had to help him stretch out in his small car, totally killing the mood. Talk about blue balls—for both of us!" **—BEA, 25**

6 ACRO-FAIL

"WHILE HAVING SEX WITH THIS NEW GUY, I LEANED FORWARD TO PUSH HIM ONTO HIS BACK, BUT I DID IT WITH SO MUCH FORCE THAT MY BODY FOLLOWED MY ARMS, AND I LITERALLY SOMERSAULTED OVER HIM AND FELL OFF THE BED. NOT SO HOT."
—ANGELICA, 28

7 PUKE PARTY

"I was at a party when I felt the urge to vomit. I couldn't find a bathroom, so I threw up into the cup I'd been drinking from. I found a soda cup lid, jammed it on, left it in the corner, and kept dancing. Party on!" **—KRISTINE, 27**

(TEXT) COMPILED BY TRISHA BAUTISTA, COSMO US. (PHOTOS) (MAIN) NICK ONKEN. (GUYS) TAMARA SCHLESINGER.

STALKER ALERT

"There's a really cute guy at my office. One time, I was showing him pics on my phone...and he saw the screen-grabs I'd taken of his IGs!" —DENISE, 25

9

MESSAGE FAILURE

"I accidentally sexted my dad, talking about the hot stuff I'd be doing with the guy I was seeing. It was horrifying." **—OLIVIA, 24**

10

GANGSTA GIRL

"I listen to rap music before exams. One time, my phone started blasting a song—'If I ever said I fucked your bitch, just know I mean it'—in the middle of my final." **—TIFFANY, 22**

GUY CONFESSIONS

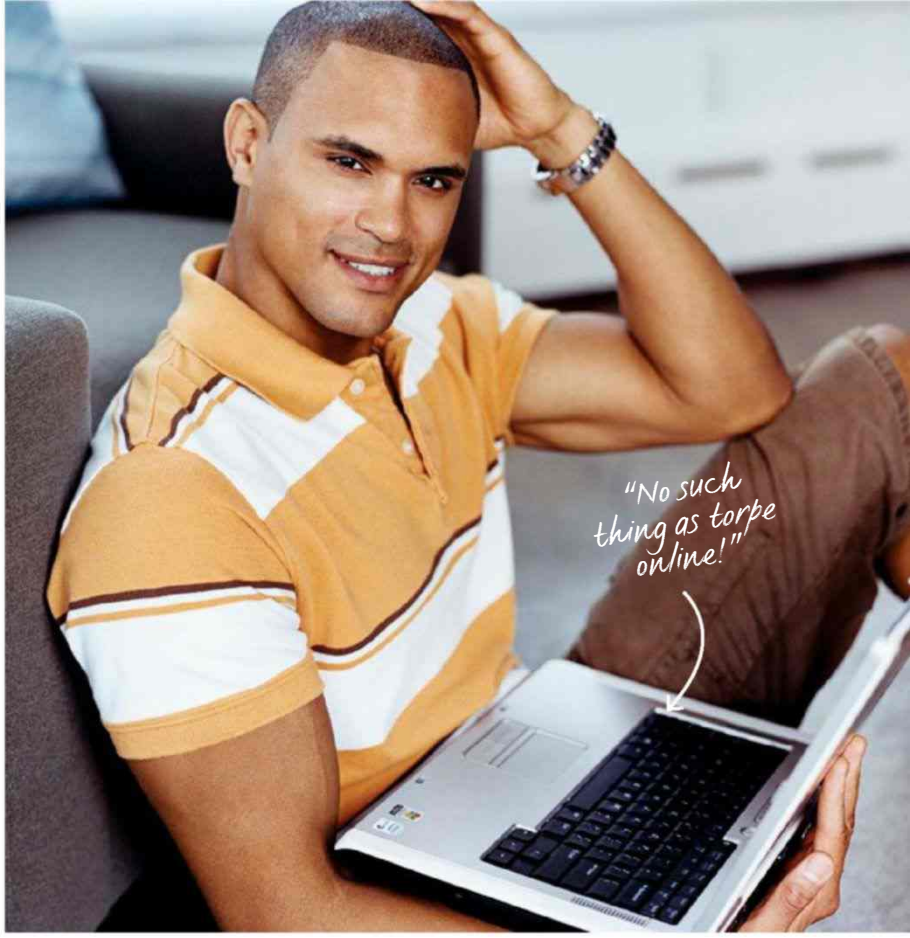
His shameless scams and juiciest secrets revealed.

1

NAUGHTY GROOMSMAN

"I went to a wedding with my GF but she had to leave after the ceremony. I stayed for the reception and after-party, and one of the bridesmaids and I eventually started flirting. We ended up hooking up in a dark corner of the hotel pool area for some hot wedding sex."

—MIGUEL, 28



3

CRUSHABLE

"I've sent friend requests to my crushes on Facebook by accident. I'd be stalking them and accidentally click 'Add Friend.' Each time it happened, I had a total meltdown from embarrassment." **—ANDREW, 29**

4

RUNAWAY MAN

"MY GF AND I WERE HOOKING UP IN THE GYM LOCKER ROOM DESPITE STRICT RULES AGAINST THAT. IN THE MIDDLE OF IT, I SENSED THAT WE WERE ABOUT TO GET CAUGHT, SO I RAN AWAY AND LEFT HER BEHIND. SHE WAS PISSED." —LEO, 19

5

CAR-RATED

"I've always had this fantasy of getting it on in the car, but since I'm a lot taller than average, it's pretty impossible. When I started dating my GF, we were both pretty adventurous. We were making out in my car once when she unzipped my pants and sat on my lap. We did it right there. One item off my bucket list!" **–PETER, 31**



Blazer, **Mango,** ₱3,950.

A pink blazer paired with neutral accessories is perfect for the office.



Bag, **Mango,** ₱1,750.



Kryz Uy



Clutch, **Unisa,** ₱1,200.

ccce i ea
w- i ,
w-c e
wi a ea ic
clutc .



Maybelline Super BB, ₱399.



L'Oreal Color Riche Lipstick in Glamor Fuchsia, ₱400.

BEAUTY TIP: Complete your outfit with a flawless base, then add a punch of color with a fuchsia lippie.



Katy Perry

Overalls are anything but kiddie when worn with a classic white polo.

COSMO GIRL WATCH
PANTONE PRETTY

These girls prove that you can rock rose quartz anytime, anywhere.



Mayo Wo



Top, **Zara,** ₱1,595.



Sunglasses, **H&M,** ₱1,990.

Don't be afraid to go matchy-matchy with your bag, especially if it's as cute as Mayo Wo's!



Shoes, **H&M,** ₱599.



Bag, **Radley,** price available upon request.

Yes, pink and red can go together!.



Tricia Gosingtian

(TEXT) PATRICIA JAVIER. (MONTENEGRO, SARTE, MEAD, ORTEGA) COURTESY OF STYLEBIBLE.PH/KARLO TORIO. (STILLS) COURTESY OF RESPECTIVE BRANDS.

No. 1 selling scar & stretch mark product in Australia

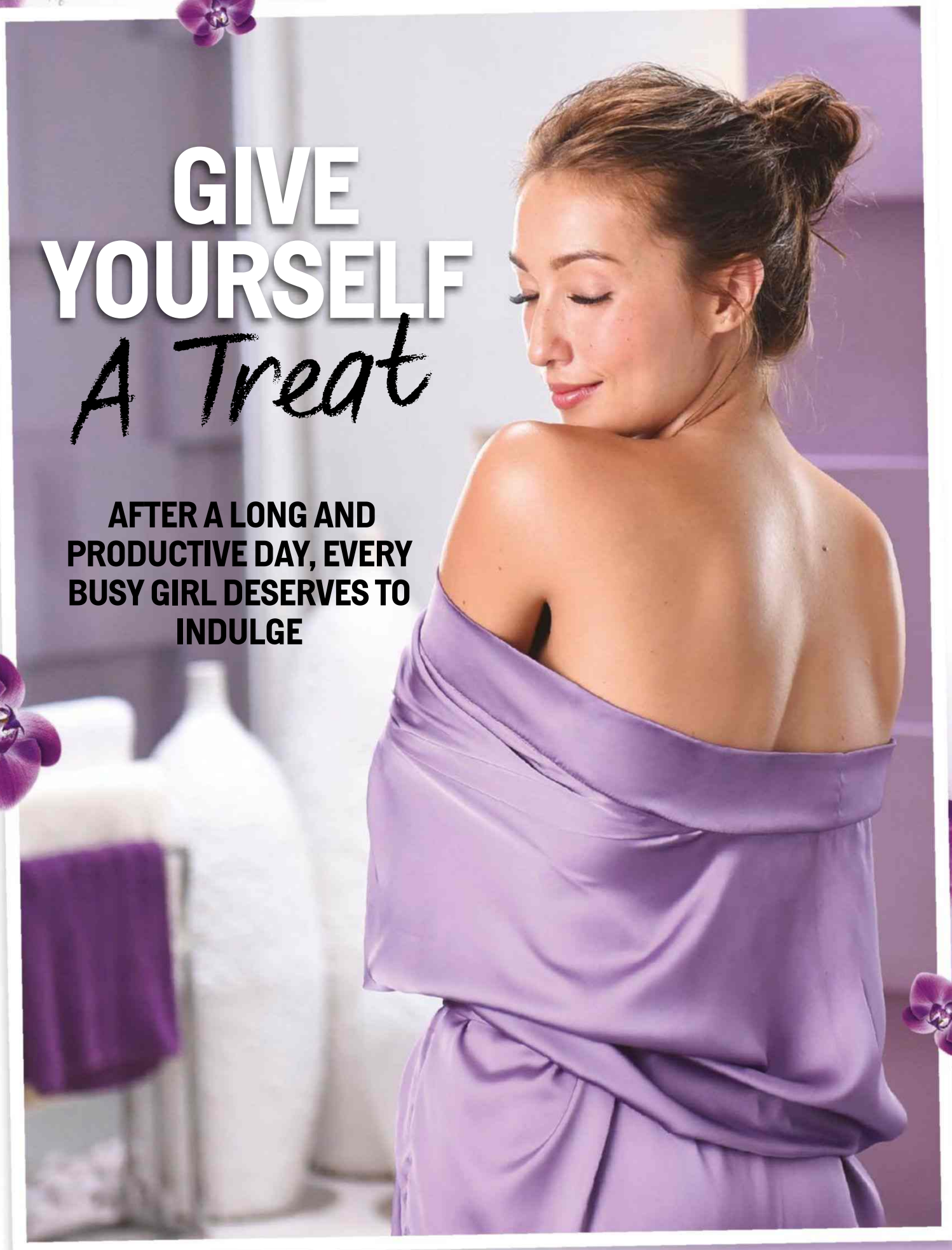


"A friend recommended Bio-Oil for some scars I got back in May of last year. I've been using it ever since and I love it! I use it on my scars, stretch marks and my face (the cold dehydrates my skin terribly) and I have to say, your product is amazing! I recommend it to anyone and everyone. I even got my mom and one of my aunts to start using it. I will be sticking to Bio-Oil now and in the future. Thank you for creating such a wonderful product." Roxann Peniche

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil® is available at pharmacies and selected retailers at the suggested retail price of ₱495.00 (60ml). Individual results may vary.

Nielsen, 2015

A023N110515B



GIVE YOURSELF *A Treat*

AFTER A LONG AND PRODUCTIVE DAY, EVERY BUSY GIRL DESERVES TO INDULGE



CHOCO OVER LOCO

Ask any girl what her biggest indulgence is and, chances are, the answer you're going to get is "chocolate"—and for good reason. Sweet, creamy, rich, and complex, chocolate is pretty much happiness in bar form, thanks to its feel-good mixture of sugar, cream, and cocoa butter. Still, gastronomic pleasure isn't all you can get out that daily chocolate habit: compounds in dark chocolate (the darker, the better) have been proven to help reduce the risk of heart attacks or stroke; kill cravings for salty, fatty, sugary food; lower stress levels; promote mental performance and alertness; and even—we kid you not—reduce the risk of diabetes. If that doesn't make grabbing a bar of chocolate seem like a win-win situation, nothing will, so we say indulge.

TOUCH ME RIGHT

With an already crazy schedule juggling work, heading to the gym, seeing your friends, spending quality time with your SO, and making the requisite appearances at family dinners, it seems like spending a few hours to get a massage just seems so...unproductive. Add to that the idea of spending hundreds, sometimes thousands, of pesos just to lie down, and most people tend to overlook the reality that getting regular massages has its benefits and may, for some people, even be considered a necessity. Whether you're an athlete or a deskbound worker, getting massages not only helps reduce stress, but also helps alleviate symptoms of anxiety, headaches, muscle tension, and pain. And while it may not be a substitute for a doctor's appointment, scheduling time with your masseuse will do nothing but a world of good.

WINE AND DINE

Food isn't just about sustenance; it's also about enjoyment, pleasure, and indulgence, and what better to end a busy day and round off an amazing meal than an equally decadent glass or two of your favorite wine. Whether it's a crisp, fruity chardonnay or a deep, dark, merlot, wine adds a complexity to a meal that no other drink can. Beyond the fullness and flavor wine brings, it also (in moderation, of course) offers tons of health benefits. From reducing the risk of stroke, diabetes, certain forms of cancer, and even promoting longevity, wine isn't as guilty a pleasure as we think, so drink up!



STEPS TO PERFUMED SKIN



Pour a coin-sized amount of LUX Body Wash on to a wet bath puff



Rub the bath puff to form a luxurious lather



Massage the bath puff all over your body and experience bathing with perfume

BATHE WITH PERFUME *with Lux*

With perfumes crafted by perfume experts from Paris, London, and New York, LUX perfumed bar soaps and body washes give you the indulgence you deserve at the end of your busy days. Its long-lasting, relaxing scent is both a confidence-boosting start and the perfect end to a long and demanding day. Whether you love bold, playful, radiant, or flirty perfumes, LUX turns every bath into a ritual you'll look forward to at the end of your busy day.



110G LUX BAR SOAP, P39 SRP



LUX BODY WASH 100ML, P55 SRP

COSMO GUY

ANDRE PARAS

This 20-year-old athlete-turned-rising-actor and on-screen flame of this month's cover girl Yassi Pressman charms us with his easy sense of humor and boy-next-door good looks.

WE FIRST GOT TO KNOW YOU AS A PROMISING SECOND GENERATION ATHLETE. WHY DID YOU PURSUE ACTING?
Even as a basketball player and student, I was doing commercials. I've always loved entertaining people and making them laugh. It was hard to let go of basketball at first because it's been such a big part of my life. It was like my therapy, my main thing. I miss playing with a team, feeling school spirit, and that rush you get from winning a game together. It'll always be a part of me, but I felt like I had done what I could as a player.

WHAT ROLES DO YOU ENJOY THE MOST?
I enjoy doing rom-coms and comedic roles—being silly and fun, being myself while also being in character. I'm glad romantic comedy is a genre that's flourishing now, and I'm lucky to be an actor at a time when there's a demand for it. *Dati kasi,* it was all drama and action. I look forward to learning from the whole process so I can eventually explore being behind the camera.

WHAT DO YOU DO FOR FUN?
I still play basketball, and I like going out with friends. Yassi and I have become really close. We have our friends in showbiz, and we've become friends with each other's old friends as well. We all usually hang out at the bar she owns. When my bros from high school are free, we play ball and video games. Boys will always be boys!

ARE YOU SINGLE? WHAT'S YOUR *LIGAW* STYLE?
I'm single! I'm not actively looking, but if it happens, it happens. I think I have to change my *ligaw* style! I always mess up. *Parang hindi* effective *eh.* Most of the time I just end up being good friends with the girls I date. Maybe it's also because I'm still young.

"I THINK I HAVE TO CHANGE MY *LIGAW* STYLE! I ALWAYS MESS UP. *PARANG HINDI* EFFECTIVE *EH.*"

WHERE WILL SUMMER FIND YOU?
I enjoy traveling. I'm looking forward to visiting my brother [Kobe, an aspiring NBA player] in the US. I'm more of a cold-weather vacationer because I like to cuddle. *Pero wala pang ka*-cuddle, *hahanap muna ako*!

(SITTINGS) TRISHA BAUTISTA. (PHOTO) JICO JOSON. (GROOMING) ELAINE GANUELAS. (STYLING) JOANNA GARCIA.



ManulifeMOVE

MOVE MORE, GET MORE.

Get the most out of life with this innovative insurance concept that makes living active more rewarding. Track your daily movement with the ManulifeMOVE app and earn special rates on your insurance premium. It's that simple.

ManulifeMOVE is available for eligible plans with approved MOVE Enrollment Form starting January 1, 2016 . Also available to China Bank and China Bank Savings clients through Manulife China Bank Life Assurance Corporation (MCBL).

Join the ManulifeMOVE program today and we will help you monitor your steps with a fitness tracker.

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GUY WATCH FEMINIST FELLAS

There's nothing sexier than a man who openly stands for women's rights.



JOSEPH GORDON-LEVITT

This adorkable dude made a video called "Re:Feminism" in which he debunks misconceptions about the movement.

"I do call myself a feminist. Absolutely! It's worth paying attention to the roles that are sort of dictated to us and that we don't have to fit into those roles. We can be anybody we wanna be."



PRIME MINISTER JUSTIN TRUDEAU

Not only did this #APECHottie make it a point to have a gender-balanced cabinet, he's all about raising a new generation of feminist men as well.

"I'm incredibly proud to have a partner in my wife Sophie, [who said,] 'It's great that you're modeling to your daughter that you want her empowered and everything, but you need to take as much effort to talk to your sons. . . about how they treat women and how they're going to grow up to be feminists just like Dad.' And by the way, we shouldn't be afraid of the word 'feminist.' Men and women should use it to describe themselves any time they want."

JOHN LEGEND

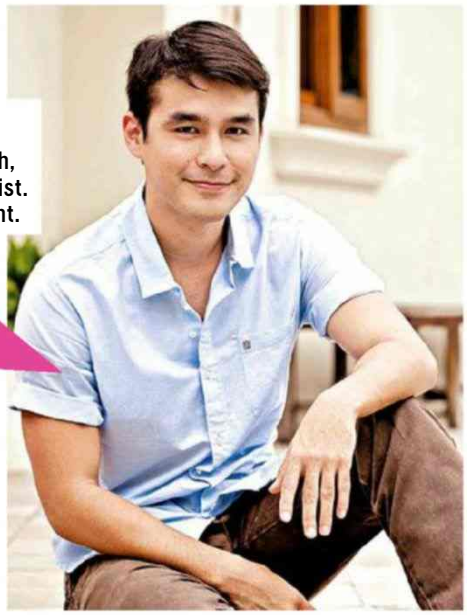
This singer's been very vocal about supporting Chime for Change, a charity that raises awareness about women's issues.

"All men should be feminists. If men care about women's rights the world will be a better place... We are better off when women are empowered—it leads to a better society."



ATOM ARAULLO

As if we didn't already love him enough, our favorite journalist says he's a feminist. Here, his own insights on the movement.



"Some people may have a limited idea of what feminism is all about. While it may feel empowering, the put-a-ring-on-it variety of feminism oftentimes falls short of challenging the root causes of the subjugation of women. I think it's important to look at the feminist struggle in relation to the struggle of the oppressed as a whole, to understand why the two are inseparable."

(TEXT) ANGELICA GUTIERREZ (LEVITT, LEGEND, TRUDEAU) REX FEATURES. (ARAULLO) DAIRY DARILAG.

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HUNK OF THE MONTH

"A dream date doesn't have to be grand—if there's a great connection with the person, it would be perfect."



Name: Peter Stoychev

Height: 6'0"

Age: 25

Ethnicity: Bulgarian

Hunk on Instagram: @peterstoychev

(SITTINGS) TRISHA BAUTISTA; (PHOTO) DIX PEREZ; (STYLING) BELA VITUG; (GROOMING) ELAINE GANUELAS


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APRIL 29, 2016 - FRIDAY / 8AM-5PM
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RACE DAY
APRIL 30, 2016 - SATURDAY / 2PM-5PM
ISLAND OF BORACAY
LISTEN TO MAGIC 89.9 FOR MORE DETAILS

FunFearless STYLE


Hilary Duff

SUNNIES


Lily & Jones at Zalora.com.ph, ₱799.


H&M, ₱399.


H&M, ₱499.


Lily & Jones at Zalora.com.ph, ₱949.


Pull & Bear, ₱695.


Lily & Jones at Zalora.com.ph, ₱659.


Pull & Bear, ₱695.

HATS


Kendall Jenner


H&M, ₱699.


Embellish at Zalora.com.ph, ₱695.


H&M, ₱699.


Parfois, ₱990.


Embellish at Zalora.com.ph, ₱695.


Parfois, ₱990.

BEACHY BITS

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Olivia Palermo

BAGS


Officine, ₱2,975.


Parfois, ₱1,990.


Officine, ₱2,925.


Parfois, ₱1,490.


Officine, ₱2,975.


L'Indochine, ₱1,299.75.

(STYLING) HAPPY LOPEZ. (PARFOIS, H&M, OFFICINE, L'INDOCHINE, PULL & BEAR) COURTESY OF RESPECTIVE BRANDS. (LILY & JONES, EMBELLISH) COURTESY OF ZALORA.COM.PH. (DUFF) REX FEATURES. (JENNER) BRIAN PRAHL/SPLASH NEWS/DAILYMAIL.CO.UK. (PALERMO) FAMEFLYNET/POPSUGAR.COM.

JUICY SHADES



Bikini top, ₱1,750, and **bottom**, ₱1,340, both Nothing But H20.



Bikini, Naked Sun, ₱2,150.



Maillot, Soak Swimwear, ₱1,800.



Bikini top, ₱1,750, and **bottom**, ₱1,295, both Nothing But H20.



Maillot, Soak Swimwear, ₱1,750.



Swimsuit, Speedo, ₱4,988.



Bikini, Cesa, ₱1,880.





Swimsuit, Cesa, ₱2,580.

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Bikini, I Love Koi, ₱1,880.





Bikini top, ₱1,350. and bottom, ₱750, both Soak Swimwear





Bikini, I Love Koi, ₱1,980.



(STILLS) LOUIE AGUINALDO. (TEXT AND STYLING) HAPPY LOPEZ. (ASSISTED BY) APRIL LOZADA AND EDNALYN MAGNAYE. (I LOVE KOI, SOAK SWIMWEAR, NOTHING BUT H20) COURTESY OF RESPECTIVE BRANDS.

SPORTY LUXE



Scuba bikini, Cesa, ₱2,880.





Rashguard set, I Love Koi ₱2,280.



Maillot, I Love Koi, ₱1,880.



Bikini, Nudo, ₱1,350.





Rashguard set, I Love Koi ₱2,280.



Maillot, Yuminom, ₱2,250.



Bikini, Soak Swimwear, ₱1,500.



TRIBAL



Bikini top, ₱2,900, and **bottom**, ₱2,750, both Agua.





Swimsuit, Soak Swimwear, ₱1,500.



Bikini top, ₱1,350, and **bottom**, ₱750, both Soak Swimwear.





Maillot, Agua, ₱4,600.

STRIPES



Bikini top, ₱1,640, and **bottom**, ₱1,540, both Nothing But H20.





Swimsuit, Naked Sun, ₱2,150.





Bikini top, ₱1,750, and **bottom**, ₱1,540, both Nothing But H20.





Maillot, Soak Swimwear, ₱1,800.

BLACK & WHITE



Swimsuit, Cesa, ₱1,880.



Bikini, Sassa ₱999.75.





Swimsuit, Naked Sun, ₱2,250.



Bikini, Sassa ₱999.75.





Swimsuit, Soak Swimsuit, ₱1,500.



Maillot, Cesa, ₱1,800.



Maillot, Cesa, ₱1.880.



Bikini top, ₱1,750, and **bottom**, ₱980, both Soak Swimwear.



(STILLS) LOUIE AGUINALDO. (TEXT AND STYLING) HAPPY LOPEZ. (ASSISTED BY) APRIL LOZADA AND EDNALYN MAGNAYE. (I LOVE KOI, SOAK SWIMWEAR, NOTHING BUT H20) COURTESY OF RESPECTIVE BRANDS.

FLORALS



Bikini top, ₱1,350. and bottom, ₱750, both Soak Swimwear



Maillot, Cesa, ₱1,880.



Bikini top, ₱1,450. and bottom, ₱980, both Soak Swimwear



Bikini, Nudo, ₱1,350.





Bikini top, ₱1,350. and bottom, ₱750, both Soak Swimwear



Bikini, Cesa, ₱1,880.





Swimsuit, Cesa, ₱1,880.

TROPICAL



Swimsuit, H&M, ₱1,690.



Bikini, I Love Koi, ₱1,880.





Maillot, Agua, ₱4,300.



Swimsuit, Naked Sun, ₱2,250.

Fun, Fearless Style

BLUSH & BLUE



Bikini top, ₱1,750, and **bottom**, ₱1,340, both Nothing But H20.





Bikini, Naked Sun, ₱2,150.





Bikini top, ₱1,440, and **bottom**, ₱1,340, both Nothing But H20.





Swimsuit set, Soak Swimwear ₱1,320.





Maillot, Soak Swimwear, ₱1,750.



Bikini, I Love Koi, ₱1,880.



Cover up, Soak Swimwear, ₱1,490.



Swimsuit, Nothing But H20, ₱3,290.





Rashguard, ₱2,850, and **bottom**, ₱1,540, both Nothing But H20.

Bikini, Kats Clothing at Zalora.com.ph, ₱855.



Swimsuit, Nothing But H20, ₱2,995.



Swimsuit, Aquaholic, ₱2,098.



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POOLSIDE PERFECT

Nothing says summer like sunshine and stripes. Radley's Tooting bag, inspired by deck chairs and available in mint green and coral pink, is perfect for lounging by the pool in style.

SASSY SANDALS

Who says rubber sandals are just for the beach or *pambahay*? Banana Peel's Cayenne sandals go well with boyfriend pants or long skirts. And when you do hit the beach, Cayenne's vibrant colors are perfect for your IG flat lays.



WHAT'S HOT

Get your fresh fashion fix with this month's finds.



EASY BREEZY

We're loving F&F's take on nautical stripes. These comfy linen culottes paired with a loose tunic spell effortless chic.

FANTASY BAG

Furla's versatile Fantasia clutch can take you straight from your cube to the club. This roomy bag holds everything you need at work, while its detachable Metropolis pouch is perfect for hitting the Friday night scene.





FANCY PANTS

Stand out from the crowd in printed palazzo pants. This pair from the Tory Burch Resort 2016 Collection is inspired by the American Southwest, and comes in a cheeky, colorful print that includes cacti, chili peppers, and even armadillos!



HAPPY'S TIP

Want to look taller? Anything that draws the eye upward, like a high neckline, creates an elongated look.

(TEXT) ANGELICA GUTIERREZ. (RADLEY, BANANA PEEL, F&F, TORY BURCH, FURLA) COURTESY OF BRANDS.

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ASK HAPPY

Cosmo fashion editor Happy Lopez fixes your fashion probs and shares her new obsessions.



Charles & Keith





"Should my bag always match my shoes?"

There's no strict fashion rule that says so: In fact, going too matchy-matchy can look a little contrived. It's perfectly okay to go for a monochromatic palette, but if you decide to color-block, stick to similar shades, like pastel-on-pastel or bright-on-bright to keep your look cohesive and well-put-together.



SM Parisian

"I'm hitting up a music fest this summer but the Boho look and flower crowns aren't my thing. Can you recommend any other statement accessories?"

Show off your fun and quirky side with pop art prints: I think these emoticon-inspired bags from Charles & Keith are super cute and make such a statement—even if you're just in a plain tee and cut-offs.



Speedo

"I'm a curvy girl who needs a one-piece swimsuit that doesn't look too *tita*. Any ideas?"

Look for a style in an of-the-moment color and print with slimming features like vertical stripes, ruching around the waist area, or a wraparound style. Check out Speedo's latest collection of swimwear that's both flattering and functional.



Melissa

"I need a pair of flats I can pack for my summer trips that can take me from beach to city to bar-hopping at night."

Go for a strappy sandal with a closed front or a pair of flats with a slingback to get the best of both styles. These Good Vibes jellies from Melissa's Spring/Summer 2016 collection have a pointy front and strappy back—punchy, practical, and perfect for this season.

(TEXT) HAPPY LOPEZ. (CHARLES & KEITH, MELISSA, SM PARISIAN) COURTESY OF RESPECTIVE BRANDS. (SPEEDO) LOUIE AGUINALDO.

TREND TEST

How do I wear...

THE BEST SWIMSUIT FOR YOUR BODY TYPE

Real women, real shapes, really helpful advice.



A deep-V maillot with a dark-colored bottom gives the illusion of a flatter tummy.

DANAH GUTIERREZ
25, body image warrior

Maillot, I Love Koi, ₱1,880. Shoes, Charles & Keith, ₱2,399.



Pick a printed bikini with a skin-toned base color to elongate a petite frame.

DOROTHY BULAN
30, project officer

Bikini, Nudo, ₱550. Shoes, model's own.



STACY GUTIERREZ
25, body positivity advocate

Maillot, I Love Koi, ₱1,880. Shoes, Charles & Keith, ₱2,399.

Accentuate your waist with a nude belted maillot.

Soften an athletic frame with a sporty halter bikini in a feminine pastel floral print.



MINDY LAGDAMEO
32, CrossFit coach

Bikini, Cesa, ₱1,680. Shoes, Charles & Keith, ₱2,399.



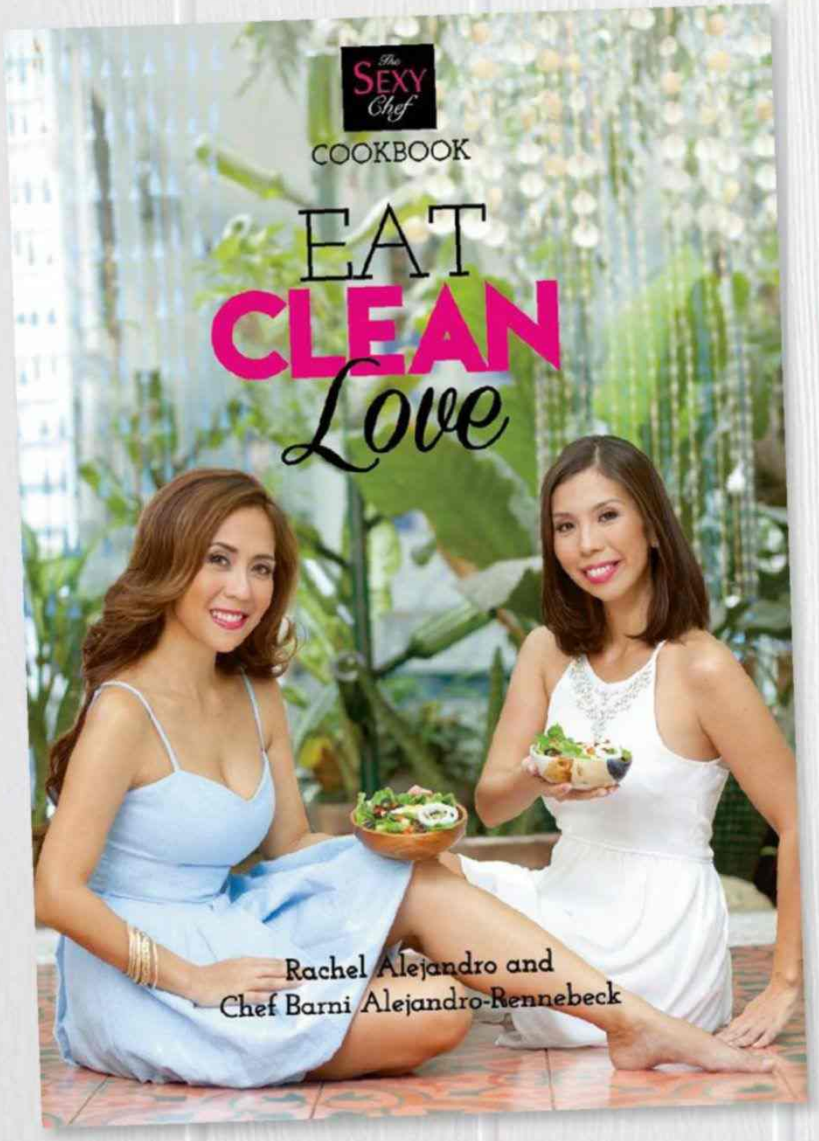
Choose an underwired top to boost your cleavage.

STEPHANIE SHI
23, editorial assistant

Bikini top, ₱1,250, and bikini bottom, ₱700, both Soak Swimwear. Shoes, Charles & Keith, ₱2,499.

(PHOTOS) LOUIE AGUINALDO. (STYLING) HAPPY LOPEZ. (ASSISTED BY) APRIL LOZADA. (MAKEUP) CHRISTINE LAVIÑA AND JOANE KATHLYN HMUA. (HAIR) DAVE GRONA AND RAYMOND GALANG FOR CYNOS INSIDE HAIR CARE. (ASSISTED BY) DONNA ABITIRA.

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BEAUTY

SCENT SPECTRUM

Yes, these prismatic perfumes smell just as colorful as they look.



Lanvin Éclat de Fleurs EDP, 30 ml, ₱2,998, fuses creamy white musk and delicate sambac jasmine for a subtle scent.

Kenneth Cole Reaction For Her EDT, 100 ml, ₱3,700, blends pink grapefruit, lush kiwi, and zesty mandarin to bring out your playful side.

Sparkling notes of pear sorbet, ginger, and neroli are behind the intense sweetness of **Armani Code Satin EDP, 50 ml, ₱4,300.**

Budding cherry blossoms in **L'Occitane Limited-Edition Folie Florale EDT, 50 ml, ₱2,400,** are a splash of pure happiness.

Michael Kors Sexy Sunset EDP, 50 ml, ₱4,150, encapsulates an iridescent sunset, bursting with notes of nashi pear and lotus flower.

The tantalizing scent of purple orchid and warm vanilla in **Avon Imari Seduction EDT, 50 ml, ₱599,** is enough to seduce anyone.

Tory Burch Absolu, 50 ml, ₱4,900, combines pink pepper with Lily of the Valley for a bolder version of the brand's original fragrance.

Exotic passion fruit in **BVLGARI Omnia Paraiba Eau de Toilette, 40 ml, ₱3,950,** whisks you away to the tropics with just one spritz.

Narciso Rodriguez For Her L'Absolu, 30 ml, ₱3,500, leaves behind a sensual trail of patchouli, jasmine, and amberlyn.

Héloïse de V. Déjeuner Sous Le Figuier EDT, 50 ml, ₱2,250, combines all the goodness you would smell sitting under a fig tree on a summer's eve.

The deliciously addictive aroma of **DKNY Be Desired, 50 ml, ₱3,800,** contains tart black currant, exotic Turkish rose, and enticing orange oil.

(TEXT) MERIAM AHARI. (STILLS) LOUIE AGUINALDO.

News

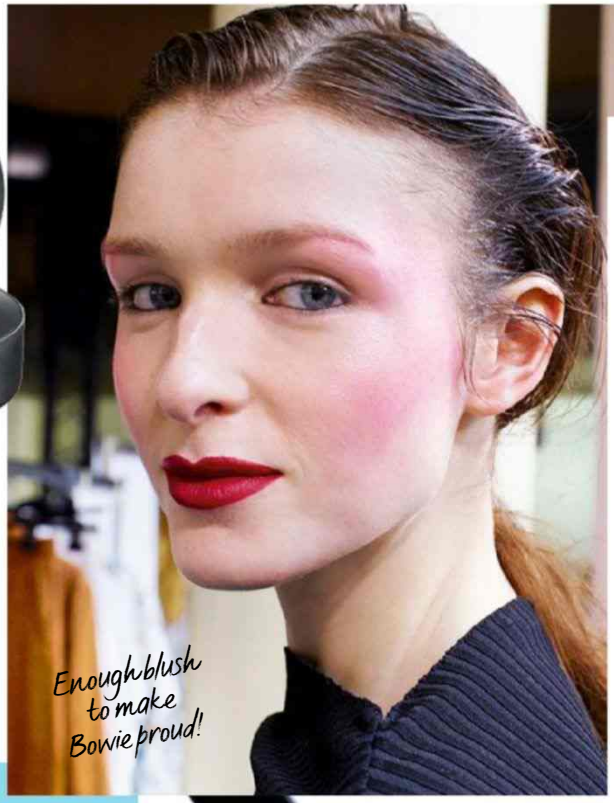


NYX Rouge Cream Blush in Hot Pink, ₱440.



MAC Powder Blush in Full Fuchsia, ₱1,400.

BYS Blush Duo in Paint It Pink, ₱349.



REVERSE CONTOURING

Give your contour powders a much-needed respite in favor of spring's cheekiest trend. Eighties bold blush is back with a vengeance—with Bettys from Hussein Chalayan to Olympia Le Tan sporting the hottest of hot pink. At Chalayan, blush was applied generously, blended toward the temples (into the hairline) and back into the brow bone (where highlighter is usually applied) in a half-moon shape. MAC makeup artist Mark Carrasquillo calls this look "reverse contouring." This look works IRL, just steer clear from pairing with blue shadow!

INNER GLOW

Sometimes beauty has to come from within. Your skin can't get that radiant glow if your insides aren't healthy, right? You know the drill—a balanced diet, exercise and plenty of sleep does wonders. But what about the times we can't get our eight hours or eat three bowls of salad a day? These supplements and creams claim to get the job done when you can't. One beauty booster we love—Vitamin E. This antioxidant neutralizes free radicals and prevents cellular damage (which cause wrinkles), while supporting hair and nail growth. Not to mention it boosts your immune system and does great stuff for your heart too. Here, some Vitamin E-packed swag for your #nofilterneeded glow.



Nivea Body Intensive Moisture Serum, ₱229.



The Body Shop Vitamin E Overnight Serum-In-Oil, ₱1,250.



ATC Healthcare Vita-E Softgel Capsules, ₱420 SRP for 30 capsules.



Bobbi Brown Intensive Skin Serum Corrector & Concealer in Honey, ₱2,500.

Bobbi Brown Intensive Skin Serum Foundation SPF 40, ₱3,500.

TWO-TIMERS

Naturally, double duty makeup is every *tamad* girl's dream—less time getting ready, less money spent on products. **Bobbi Brown Intensive Skin Serum Foundation SPF 40** and **Intensive Skin Serum Corrector & Concealer** are infused with tonics found in traditional Eastern medicine that "re-energize" skin while providing a velvety finish. **Stila Aqua Glow Serum Foundation & Aqua Glow Serum Concealer** offer natural, featherweight coverage while hydrating and nourishing skin. For all you cushion fans, **Laneige Anti-Aging BB Cushion** works double time as a potent youth-booster *and* a great blemish-zapper.



Laneige Anti-Aging BB Cushion, ₱1,950 for loaded compact plus one refill.



Stila Aqua Glow Serum Concealer, ₱1,450.



Stila Aqua Glow Serum Foundation, ₱2,350.



MERM'S TIP

Give the illusion of a thicker braid by pulling apart each side of your tail.

(TEXT) MARIANE PEREZ & MERIAM AHARI. (PHOTO) ANTONELLO TRIO/GETTY. (BOBBI BROWN, BYS, STILA) LOUIE AGUINALDO. (OTHER STILLS) COURTESY OF RESPECTIVE BRANDS. (MERM'S HEADSHOT) SARAH BLACK.

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SEX(Y) ON THE BEACH

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BODY DRAMA

Breakouts

WHY IT HAPPENS Sweat from a crazy, calorie-slaying gym sesh or a simple summer outing can clog sweat ducts, leading to breakouts, says dermatologist Jessica Wu, MD. Red rashlike bumps, however, are likely folliculitis, which may be caused by seemingly innocent yoga pants, tight tanks, or even snug undies.

SEXY SOLUTION Both issues can be treated similarly: Shower with salicylic acid–laced body wash (it breaks down oil and curbs inflammation). Follow with antibacterial benzoyl-peroxide lotion one or two times daily until skin is clear. Until then, rely on a trusty concealer—or Visine, which constricts blood vessels in skin like it does eyes, says dermatologist Mona Gohara, MD.

BODY DRAMA

Calluses

WHY IT HAPPENS If you're not diligent about maintaining feet, a thick, tough layer of dead skin is inevitable.

SEXY SOLUTION While feet are dry, swipe them with a microfile—a cheese grater look-alike that gently (and safely) thins out soles better than a gritty exfoliator, says Jin Soon Choi, celebrity nail expert and NYC salon owner. Slough remaining dryness with a scrub, then slather on a petrolatum-based moisturizer and wear socks for an hour.

BODY DRAMA

Bumps

WHY IT HAPPENS Keratosis pilaris (the name for the rough, chicken skin–like bumps, often found on the backs of the arms) is caused by trapped keratin, a protein in hair and skin, says Dr. Gohara. While genetic, keratosis pillaris may be exacerbated by physical buffers (think: scrubs and loofahs).

SEXY SOLUTION It's all about a gentle double exfoliation: a glycolic-acid wipe followed by lactic-acid lotion. Together, they gradually dissolve keratin while smoothing skin (sans irritation or additional inflammation).

BODY DRAMA

Cellulite

WHY IT HAPPENS Whether you're skinny or curvy, your thighs or butt can dimple due to natural fibrous bands that connect underlying fat. "They pull down on fat cells, making them pucker like buttons on tufted cushions," says Dr. Gohara.

SEXY SOLUTION While body-sculpting classes can help long-term (tight muscles act like a girdle), caffeine-infused creams are your best bikini-day fix. The ingredient flushes out excess fluids (when left to stagnate between the bands, fluids cause more bulging). At night, rely on retinol, says Dr. Gohara. It boosts and strengthens collagen—the body's equivalent of Spanx.

(TEXT) ERICA METZGER. (ADDITIONAL REPORTING) MERIAM AHARI. (PHOTO) DIX PEREZ.

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A non-invasive treatment: **The Aivee Institute Excel V** uses laser technology to zap away veins. ₱1,200 per session, results after one to two sessions.



ASK MERM

Got a beauty dilemma? Get expert advice from Cosmo's beauty editor who has seen and tried it all!

How do I avoid frizz when it's humid outside?

"Wash hair with a moisturizing shampoo aimed at fighting frizz. Squeeze strands dry (rather than scrubbing with a towel) to keep from fraying. Apply an oil to coat and add weight to each strand. When blow drying, position the dryer downward to encourage hair cuticles to lay flat."



Aveda Be Curly Co-wash, ₱1,800.



Cynos Morocco Argan Oil, ₱1,200.

Is it true that crossing your legs causes spider veins?

"Spider veins are caused by a number of things, but sitting ladylike isn't one of them. What does create those purplish, tree branch-like lines we start to notice in our mid 20s to 30s are smoking, aging, obesity, birth control, exposure to the sun, or genetics. The best way to prevent these jagged little lines: exercise daily to keep the blood flowing."

Am I over-exfoliating?

"Exfoliating is a great way to revitalize dull-looking skin or prevent breakouts by removing the dead skin, oil, and bacteria that clog pores. However, if your skin feels dehydrated, tight, red, or itchy, you may be guilty of over-exfoliating. Try using your exfoliant every other day to see if your side effects decrease. Otherwise, stop use all together."



Murad Skin Smoothing Polish, ₱1,450.



Mario Badescu Botanical Exfoliating Scrub, ₱1,650.



Pixi Glow Tonic, ₱1,590.



L'Oréal True Match Blue Cream, ₱400.



Smashbox Photo Finish Primer Water, ₱1,800.



Banila Co. Hydrating Finish Powder, ₱1,050.

What's the best way to set makeup during the summer?

"Primer is a great way to keep foundation and concealer from melting off your face on a hot day. Try using cosmetics labeled as 'long-lasting' or 'waterproof.' After applying your makeup, set with a translucent powder using a large fluffy brush, then mist with a setting spray."

GOT A BEAUTY Q? MESSAGE @COSMOMERM ON INSTAGRAM OR TWITTER TO GET YOUR ANSWER IN AN UPCOMING ISSUE.

(TEXT) MERIAM AHARI. (PHOTO) LIPIK/SHUTTERSTOCK. (STILLS) LOUIE AGUINALDO. (CYNOS, L'ORÉAL) COURTESY OF RESPECTIVE BRANDS. (POWDER SPILL) JEFFREY WESTBROOK/STUDIO D.


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You'll be glad you wore L'Oréal False Lash Butterfly Waterproof Mascara in Black, ₱500, when caught in the rain.

Tears don't stand a chance against CoverGirl Full Lash Bloom Mascara in Very Black, ₱450.

You won't be afraid to get a little wet when wearing Maybelline HyperMatte Liquid Liner in Matte Black, ₱199.

Swipe on BYS Waterproof Mascara in Black, ₱369, to avoid raccoon eyes.

Meet your newest swim buddy—Malissa Kiss Super Shape Ultra HD Brow Pencil in Choco, ₱350.

₱500, TOPS!

Look and feel like a million bucks (without paying the price).

Prep for that long, sweaty commute by wearing TheFaceShop Face It Waterproof Autoliner in Black, ₱295.

NYX Eyebrow Gel in Blonde, ₱460, ensures brows stay put at the beach.

Be prepared, rain or shine, in L'Oréal Super Gel Intenza Liner in Profound Black, ₱400.

Gym sesh with the hot trainer? Sweat-proof brows with Tony Moly Coloring Browcara in Gray Brown, ₱378.

Look pretty poolside in Nature Republic Botanical Waterproof Eye liner in Black, ₱295.

Apply Holika Holika Jewel-Light Waterproof Eyeliner in #8, ₱265, on inner corners of eyes for the perfect beach goddess look.

Whether making out in the shower or rain, lip color stays in place with Ofra Lipliner in Nude, ₱395.

(TEXT & ART DIRECTION) MERIAM AHARI. (STILLS) LOUIE AGUINALDO.



0:00-0:30

COME CLEAN

Rid the area of sweat, sand, and makeup, which further irritate. Press (don't rub) a gentle cleansing cloth into skin like a compress to de-grime. (Cetaphil, here, has a mild, soap-free formula for sensitive skin.)

Cetaphil Gentle Skin Cleansing Cloths, ₱245.



0:31-2:30

COOL DOWN

Gel-like biocellulose face masks cool skin stat, plus the coconut ferment gel in **Banila Co.'s V-V Elastic Bio Cellulose Mask Sheet,** ₱240, here, allows ingredients to penetrate skin quickly and more effectively. Dealing with a body burn? **Aloe Derma Pure Aloe Vera Gel,** ₱500, provides natural relief from a bad burn.





2:31-3:30

DON'T WAIT TO HYDRATE

Doing so kickstarts healing and fends off flakes. "Fresh, repairing skin cells migrate more efficiently in a moist environment," says derma Julie Karen, MD. Lotions made with ceramides (both at left) or honey restore the scorched barrier best.

Olay Natural White Fairness Cream and Serum Swirl, ₱369.
Mario Badescu Ceramide Lotion, ₱1,300.



3:31-4:30

REVERSE DAMAGE

A sunburn is like a free radical free-for-all, inducing DNA mutations that can, over time, lead to skin cancer. Consider cell-repairing antioxidants—like vitamin E (in Burt's Bees', here), vitamin C, green tea extract, and niacinamide—your all-stars.

Burt's Bees Milk & Honey Body Lotion, ₱895.



4:31-5:00

CONCEAL THE DEAL

If you're seeing red, swap your go-to foundation for a tinted ceramide cream (at right). Tap on to hide irritation and heal the skin. "If you start peeling, though, it's best to stay away from tints of any kind," says Dr. Karen, since they can accumulate in dry spots and make them look worse.

Elizabeth Arden Ceramide Lift and Firm Makeup SPF 15, ₱3,350.

THE 5-MINUTE MAKEOVER

SO YOU GOT A SUN-BURN?

Speed up the healing process and reduce redness with our fast-acting tips. (Next time, you'll step up the SPF!)

(TEXT) DEANNA PAI. (ADDITIONAL REPORTING) MERIAM AHARI. (PHOTO) DIX PEREZ. (ALOE DERMA, CETAPHIL, & MARIO BADESCU) LOUIE AGUINALDO. (OTHER STILLS) COURTESY OF RESPECTIVE BRANDS.



TOP (L-R): Sam Concepcion, Lindsay Chetaud, Sunshine Cruz, Francine Prieto, Denice Sy

BOTTOM (L-R): Dianne Medina, Max Collins, Angelina Montano, Silliman Sy, Dioceldo Sy, Janelle Olafson, Christian Bautista

BEAUTY'S FINEST

Ever Bilena celebrates 33 years of high beauty standards

MAKE UP BY Muriel Vega Perez for Sunshine Cruz and Dianne Medina, Moriel De Dios Lim for Lindsay Chetaud and Angelina Montano, Marben Talanay for Max Collins, Froilan Sullique for Janell Olafson and Francine Prieto, Martin Orosa for Denice Sy **HAIR** Mayne Cañamo for Sunshine Cruz and Dianne Medina, Jonathan Taladtad for Lindsay Chetaud and Angelina Montano, Jeck Aguilar for Max Collins and Sam Concepcion, Fidel Seño for Janelle Olafson, Kristan Jet Dimaculangan for Francine Prieto, Jane Dorotan for Denice Sy **GROOMING** Elma Oraye for Christian Bautista, Dioceldo Sy and Silliman Sy



True *Cosmo* girls know this: Every day is a beauty day. Your #FOTD gives you the boost of confidence you need to go from a three-hour power meeting to a #WineandWhineWednesday with your girls. This is one of the main reasons why you need get-gorgeous goods that work (and work well)—and Ever Bilena is just that.

Ever Bilena has been around since 1983 and continues to deliver beauty that lasts a lifetime—the kind of beauty every woman deserves. Through the years, the brand continues to be one of the few local brands that understands, has mastered, and fulfills the beauty goals of thousands of Filipinas. What makes the brand iconic is how it stays true to the high beauty standards that it has established since the beginning, as it truly captures the wants and needs of every woman who wishes to elevate her look from better to best. This year marks their 33rd year in the business, and this milestone is a testament to the brand's relevance in the Philippines.



SUNSCREEN MYTHS

In beauty, there's no shortage of old wives' tales—even for something as seemingly obvi as SPF. Cosmo taps dermas to squash sunscreen's biggest myths, once and for all.

MYTH **YOU DON'T NEED SUNSCREEN WHEN INDOORS.**

"UVB rays do not penetrate glass but UVA rays do. In addition, fluorescent lighting (though minimal) emit ultraviolet rays as well. It's best to develop the habit of applying (and re-applying) sunscreen on a daily basis, whatever your environmental circumstances." **—Dr. Yanee Vasquez, Aesthetic Science Clinic**

MYTH **YOU CAN'T GET SUNBURNT ON A CLOUDY DAY.**

"Ultraviolet rays can easily pass through clouds. Rays reflect off concrete, sand, water, and snow—so one can even burn while in the shade. UV rays also penetrate car windows and every day clothing. Applying window tints in your car (in addition to using sunscreen) may provide further protection."
—Dr. Jaime P. Nunez, JKN Skin & Surgery Specialists

MAKEUP WITH SPF



Jane Iredale Powder-Me SPF 30, ₱1,950.



Pond's Age Miracle BB+ Cream SPF 30 in Beige, ₱499.



Maybelline White Superfresh Liquid Powder SPF 50 in Honey, ₱349.



Bioré UV Aqua Rich Watery BB SPF 50, ₱450.

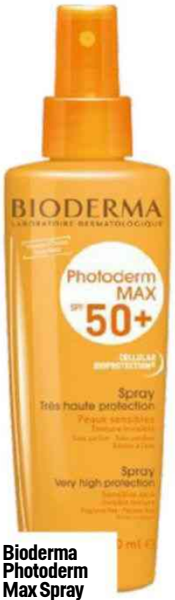
BODY



Belo Sun Expert Transparent Mist SPF 50, ₱480.



Kiehl's Activated Sun Protector SPF 50+, ₱2,215.



Bioderma Photoderm Max Spray SPF 50, ₱2,034.



Daylong Light Gel SPF 50, ₱620.



Vaseline Healthy White SPF 24, 180 ml, ₱249.



Flawless Skin Protect Mist SPF 70, ₱450.



Nivea Sun Protect & Moisture SPF 50, 125 ml, ₱459.



Beach Hut MAX 75++ SPF, ₱549.



Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 50, ₱525.

MYTH IF YOUR MAKEUP HAS SPF, YOU DON'T NEED ADDITIONAL SUNSCREEN.

"Even though there is SPF in your makeup, you're not able to maximize its coverage. That's because you have to apply seven times the normal amount of foundation and fourteen times the normal amount of powder to get the sun protection factor on the label. So, it's best to combine SPF makeup with a sunscreen."
—Dr. Vicki Belo, Belo Medical Group

MYTH THE HIGHER THE SPF, THE BETTER.

"SPF is based on the ability of sunscreen to prevent erythema or reddening of the skin after sun exposure. If you compare one sunscreen to another in terms of SPF, you can tell how much one formulation of sunblock delays skin redness. This however, does not tell us how effective the sunscreen is in preventing damage to the skin. The recommendation is to apply an SPF 30 or higher." **—Dr. Yanee Vasquez, Aesthetic Science Clinic**
"When used correctly, sunscreen with SPF 30 to 50 offers as strong protection as compared to a sunscreen with SPF 80 to100." **—Dr. Janice Soriano of the The Aivee Clinic**

AFTER SUN



Nivea Sun Cooling After Sun Spray, ₱259.
Holika Holika Aloe Soothing Gel, ₱395.
Beach Hut After Sun Aloe Cooling Gel, ₱249.
Vaseline Total Moisture Aloe Fresh Lotion, 200 ml, ₱126.

MYTH MORENAS DON'T NEED AS MUCH SUNSCREEN AS TISAYS DO.

"Although dark skin does offer more natural protection from sun's harmful rays than light skin, no one is immune to damage caused by the sun."
—Dr. Janice Soriano of the The Aivee Clinic

MYTH SUNSCREEN PROTECTS FROM BOTH UVB AND UVA RAYS.

"SPF only refers to protection against UVB rays (the burning rays). UVA rays (the aging rays) penetrate deeper into skin causing more damage to the tissue (wrinkles). Make sure your sunscreen is labeled with UVA, broad spectrum, or multi-spectrum protection."
—Dr. Jaime P. Nunez, JKN Skin & Surgery Specialists

FACE



Etude House Sunprise Super Aqua SPF PA 35++, ₱478.
TheFaceShop Clean Face Oil Control Sun Cream SPF 35, ₱525.
Avène Crème SPF 50 For Dry Sensitive Skin, ₱1,600.

DON'T FORGET!

Scalp, ears, eyelids, lips, hands, and feet are commonly overlooked but just as susceptible to skin cancer!

MYTH SPF 100 BLOCKS 100% OF THE SUN'S RAYS.

"There is no such thing as 100% protection. SPF states how long one can spend in the sun without burning. An SPF 15 allows someone to stay exposed fifteen times longer without burning than if their skin was unprotected, while SPF 30 allows someone to stay exposed thirty times longer. However, UV protection is not proportional to the SPF value. For instance, SPF 15 lotions block 93 percent of UV rays and SPF 30, 97 percent."
—Dr. Jaime P. Nunez, JKN Skin & Surgery Specialists

MYTH WATERPROOF SUNSCREEN DOESN'T NEED TO BE REAPPLIED AFTER A SWIM.

"Sunscreens should be reapplied after swimming or sweating profusely. The effectiveness of photo protection decreases when exposed to water. Always reapply every two hours. When swimming or working out outdoors, reapply every 30 to 60 minutes." **—Dr. Jaime P. Nunez, JKN Skin & Surgery Specialists**

SO TRUE:

- Check your sunscreen's expiry date! Sunblock has a shelf life of two years if stored properly
- Apply *at least* one tablespoon of sunscreen to your face and *at least* one shot glass worth to your body
- Apply every 2 hours (every hour if swimming or sweating profusely)
- Apply *at least* 20 minutes before going outside so skin can properly absorb the protective ingredients



Mary Kay Suncare Lip Protector Sunscreen SPF 15, ₱595.
Sun Bum Sunscreen Lip Balm SPF 30 in Banana, ₱275.

SUNCREEN CHECKLIST

- ☐ SPF 30 or higher
- ☐ Water Resistant
- ☐ Broad Spectrum (UVA/UVB rays)
- ☐ Oil-free *and* Non-Comedogenic for acne-prone skin

(TEXT) MERIAM AHARI. (PHOTO) DIX PEREZ. (BIODERMA, NIVEA, POND'S, VASELINE) COURTESY OF RESPECTIVE BRANDS. (OTHER STILLS) LOUIE AGUINALDO. (SUNSCREEN SMEAR) JEFFREY WESTBROOK/STUDIO D.

Destination: Orgasm!

COMPLIMENTARY MARGARITAS, INSTAGRAM-WORTHY SUNSETS, BALMY WEATHER—WHAT COULD POSSIBLY MAKE VACATION BETTER? MIND-BLOWING ORGASMS, DOY! WHETHER YOU'RE ON THE BEACH OR JUST VISITING YOUR IN-LAWS, SEX ON-LOCATION IS A SUPER-HOT TICKET TO PARADISE. LET'S GO!

BY ANNA BRESLAW



(PHOTO) GETTY IMAGES.

Romps En Route

Why wait until you arrive? There are plenty of steamy ways to get it on while you're on the go.



ON A Plane...

If you're ballsy enough to pull it off—because getting caught can potentially land you in handcuffs—here's how. First rule of the Mile-High Club? Don't let any unmentionables touch the lavatory. Stand and face away from him with your legs together as he enters you from behind. Bend slightly forward, bracing yourself against the wall, for G-spot in-flight delight. Have him cup your breast with one hand and grip your waist with the other for balance. Or he can glide that hand to your clit to make you feel like you're floating on air. And we don't have to tell you to be quick.

ON A Yacht...

Make a splash by using the bed as a coital diving board. Lie on your back with your legs in the air as he stands at the foot of the bed facing you. Now cross your legs, keeping them straight up, as he thrusts into you. Your muscle clenching makes you feel super tight, and his body's movement with the boat's rocking will have you making your own waves.

ON A Train...

To make the most of your train ride without getting cast out of the car, snuggle up under the free blanket and engage in light over-the-pants stroking. If he's in his travel sweats, it should be easy to find and gently cup his balls. The foreplay will warm you both up for later. All aboard!

IN A Car...

First, pull over and throw out all the food wrappers—not sexy. Now, have him push his seat back as far as it goes and sit with his legs out in front of him. He may be in the driver's seat, but by straddling him, you get to control the grinding of your pelvises, which practically guarantees a clitoral O. (Note: You are advised to pee at the next rest stop.)

SEX CONFESSION

ON A FAMILY TRIP, MY SISTER AND I WENT TO A BEACHSIDE BAR WHERE WE STARTED DANCING WITH SOME CUTE GUY TOURISTS. NEAR THE END OF THE NIGHT, I WANDERED TO THE BEACH WITH ONE OF THEM, AND WE DID IT RIGHT THERE IN THE SAND. EVEN THOUGH IT WAS SUPER HOT, I HAD SAND EVERYWHERE FOR TWO WEEKS!" —ALEX K., 26



YOU'VE ARRIVED!

You're unpacked and ready to explore (wink). Now start your vacay in style.

In Your Hotel Room

Want to christen that big, gorgeous hotel bathtub? Contrary to popular belief, water isn't a natural lubricant—it can actually have a drying effect. So take a cue from Beyoncé's "Drunk in Love": Fill up the tub halfway, and make sure that the P-in-the-V occurs above sea level…or use a silicone lubricant (one that's not water soluble).

On the Beach

Wait until night, when there's a deserted stretch of sand for private boning. Use that half-full, warm bottle of water from your day at the beach to clean him off first. Continue to avoid a sandy-crotch situation by staying on top and bouncing like a beach volleyball. Oh, and keep your bikini top on. Just in case.

At the Parents' House

Once he's snuck into your room at midnight, thoroughly evaluate the squeakiness of the twin bed. Can you pull off silent sex without waking the 'rents? If not, take the party to the floor. Double-up your childhood quilt, and use it to make your knees more comfy during doggie.

(PHOTOS) (MAIN) GETTY IMAGES. (BAG) BEN GOLDSTEIN/STUDIO D;

SEX CONFESSION

I TOOK MY BOYFRIEND TO THE BEACH FOR HIS BIRTHDAY, AND WE WENT AT IT IN AN UNDERWATER CAVE. IT WAS PRETTY UNREAL...UNTIL WE WERE INTERRUPTED BY A JAPANESE TOUR GROUP. OOPS!"

—BETH S., 30

In a Tent

Ah, the great outdoors! Slip into his sleeping bag, and get into a super-tight spoon position—it requires minimal thrusting from him and gives you both happy camper feels, no matter the size of his, um, firewood. Caution: Nylon walls aren't soundproof, so stifle any midnight howling to avoid a late-night visit from your friendly park ranger—or animals.

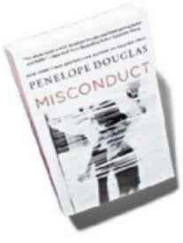
In an Airbnb

The bad news? Can't break the bed frame without losing your security deposit. The good news? Sexing in a stranger's home is ripe for role-play. Pretend that you're the couple you're renting from... or you're a landlady returning to find her renter doing very bad things. Go nuts: Just be careful not to break any knickknacks.

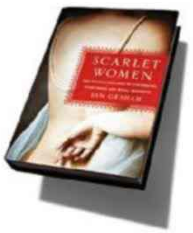
THE LOVE THAT SPLIT THE WORLD
by Emily Henry
A good girl headed for the Ivy League finds star-crossed love with a hot Southern boy when she stumbles into a weird parallel universe.

Beach Reads for the Bedroom

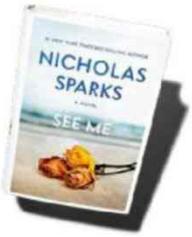
For even more steamy escapism, light a candle and read these recent releases aloud to your boo.



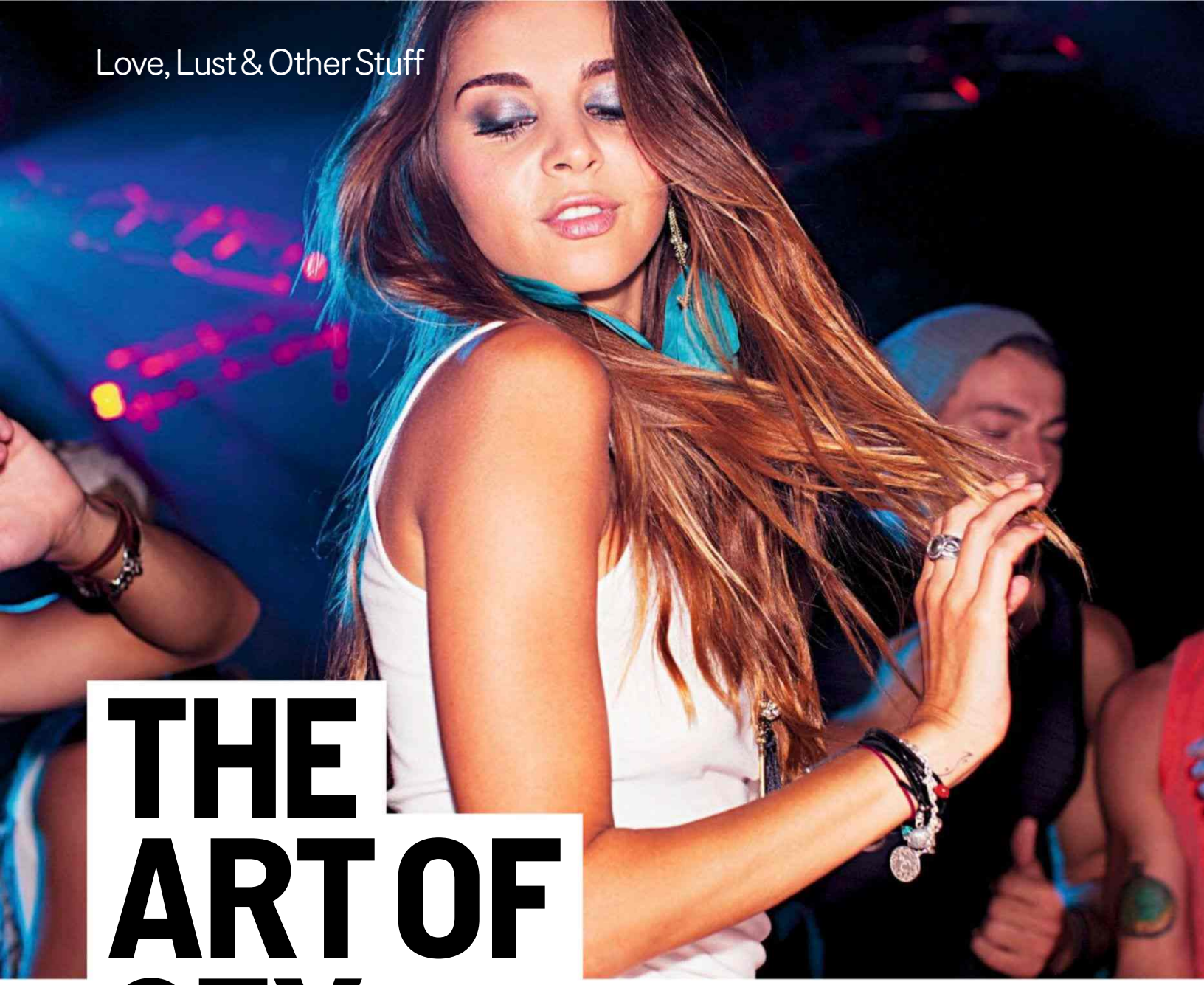
MISCONDUCT
by Penelope Douglas
A former tennis pro can't resist temptation when she meets the very rich and very single father of her teen boy protégé. Bottom line: Tennis whites never looked so sexy.



SCARLET WOMEN
by Ian Graham
History is hot in these wild stories about professional mistresses like Cora Pearl, who used to literally serve herself naked on a platter at her epic house parties.



SEE ME
by Nicholas Sparks
You know how Sparks works: An unlikely pair (here, a reformed bad-boy and a successful lawyer) butt heads before falling, hard. Read it before the movie, which, by the way, you're totally seeing too.



THE ART OF SEX APPEAL

YOU KNOW THOSE GIRLS—THEY MAY NOT BE THE PRETTIEST OR WITTIEST, BUT THEY WIELD A MAGNETIC POWER SO STRONG, PEOPLE TRIP OVER THEMSELVES TO GET NEAR THEM. IT'S NOT ROCKET SCIENCE. IT'S NOT EVEN HARD. HERE'S HOW TO BOOST YOUR POWER OF ATTRACTION.

BY ANDREA BARTZ

I HAVE A FRIEND—I'll call her Claire—who can enter a room and effortlessly have all the dudes there eating out of her hand. On three occasions, three separate male friends contacted me within 24 hours of meeting her to ask if she was single. Thing is, Claire isn't a Gigi Hadid look-alike or a bombshell with a perma-blowout. She's down-to-earth and adorable. She wears reading glasses, peasant dresses, and an open smile. A textbook sexpot she is not, yet everyone wants to bask in her presence.

We all know it when we see it—that ineffable quality that seems to settle, fairy-dust-like, on certain people wherever they go. "It's a genuine sexiness, not just 'I'm trying to look like that hot girl on Instagram,'" says Sari Cooper, a sex therapist in New York City. (She calls it sex esteem.) And as more flirting takes place within Tinder's messaging system, face-to-face magnetism has become more rare. "We've become lazy and forgotten that charisma is still essential in dating," says Matthew Hussey, the dating coach behind HowToGetTheGuy.com and a Cosmo columnist. What works online—quick and snarky humor—doesn't always work

(TEXT) ANDREA BARTZ. (PHOTO) ANDI ELLOWAY/THELICENSINGPROJECT.COM



in person. "Texting will only get you to the point of the date. After that, it's up to you to actually charm someone."

That charisma can help your dating life—you'll get a leg up on the girls tucked in corners at parties, furiously swiping left—but it can also keep the spark strong in a relationship and boost your success at work and in other aspects of your world. And while this appeal involves a level of cool that can seem undefinable, really anyone can master it. As Hussey puts it: "If you can be good with people in a world where everybody else is getting worse, you're going to win."

Go Out With a #GirlSquad

It was funny asking Claire what makes her so magnetic—it's nothing she's aware of, so it's like asking a tiger why it's striped. "It only happens when I'm out with you guys," she says. "Guys don't come up to me when I'm sitting by myself." She meant it as a deflection, but turns out, she's on to something. People want to talk to the person everyone else wants to talk to. Seed a little attention around yourself, and it'll spread.

"When you're at a bar or party, you become more desirable when a guy sees other people enjoying your presence," Cooper says. A study from the University of California at San Diego even found that people in groups look more attractive than the same people on their own. Having fun—as opposed to staging carefully curated, broody poses—is key. Mike H., 29, a musician, says, "When you see a woman in a group of people putting out a positive vibe and get a sense that that joy is genuine, that's attractive."

Channel Your Chatty Side

Rather than waiting around to spot and chat up someone you're strongly attracted to, make a habit of socializing with as many people as possible, Hussey suggests. "I encourage my clients to say hi to as many people as possible in the first 10 minutes of the evening, so that an hour later, all those people feel that you're the most approachable person in the room," he says. Think about it: When a hot guy wants to flirt with someone, who is he going to approach—the girl he hasn't said a word to or the girl he shared some fun banter with?

Know How to Really Connect

Ask emotional questions instead of logical ones (like, "What do you like best about being an engineer?" vs. "How long have you been doing that?"). This trick breeds a convo both of you will find more engaging and revealing. "Nobody cares to hear routine facts about another person at the beginning," Hussey points out. "What we care about is connecting."

Let Your *You* Flag Fly

"When my friend Tiffany lets her silliness out, everyone in the room comes running," says Rebecca, 28, a teacher. "Once, we were at a music festival and there were a bunch of crazy hats lying around, and she grabbed one and put it on and started taking selfies of us. Guys started coming up asking to take selfies with us too. People can tell that's her genuine personality."

Part of Claire's secret is that she's full of stories and interests you don't see coming—she recently bought a baby turtle! And that surprise factor is sexy. "When someone comes out of left field with a hobby or experience that's different from what I would have expected of them, that's sexy and intriguing," says Michael, a 30-year-old attorney.

Another reason these admissions can turn men into the heart-eyed emoji: They show vulnerability, a rare trait in an age of social-media braggadocios. "Everyone goes out with their guard up in such a big way," says Hussey. "When everyone else is trying to be somebody and play a role, the person who stands out is the one who is fun and playful and doesn't take herself too seriously."

5 More Moves That Make You the Coolest Girl at the Party

Prep Your Answer to "How's It Going?"

"Never go out without knowing the most interesting thing that's happened to you all week," says Hussey. Most of us hit the lowlights ("You know, work…"), so have a few stories ready beforehand. Even "I tried the best restaurant on Tuesday!" gets the ball rolling.

Pre-Game With Your Funniest Friend

As you're getting ready or heading over to the party, call a friend who cracks you up, Hussey advises. "You'll arrive in the right state of mind." Amused…and amusing.

Bust Out Some Trivia

I can't tell you how many conversations I've sparked with weird nuggets from the podcasts Radiolab, Invisibilia, and 99% Invisible. Interesting ephemera always beats "So do you have any siblings?"

Ask a Favor

Ask a guy to hold your coat while you grab a round, suggests Hussey, who points out research shows doing you a favor makes someone like you more.

Take Sides

Get his opinion on something you're passionate about, à la "My friend says *The Hunger Games* franchise is stupid, and I freaking love it. What do you think?" That way, "You're giving him an in on a fun conversation," Hussey says. —A.B.

Robinsons Supermarket



March 1 to April 30, 2016

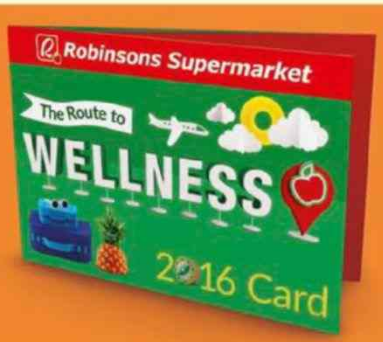
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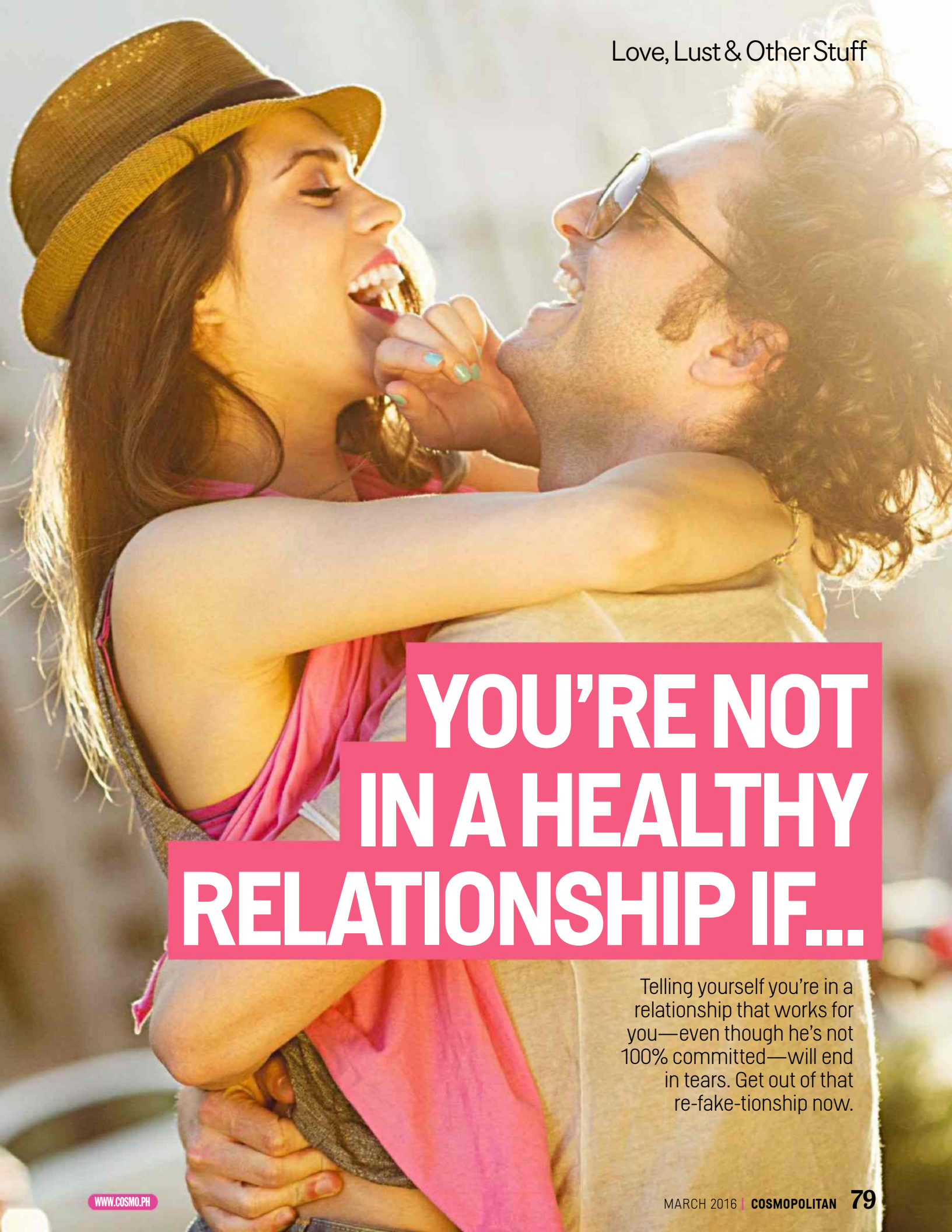
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I LOVE WELLNESS

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YOU'RE NOT IN A HEALTHY RELATIONSHIP IF...

Telling yourself you're in a relationship that works for you—even though he's not 100% committed—will end in tears. Get out of that re-fake-tionship now.



Relationships—especially at the beginning—are hardly ever black and white. Once you've moved through the do-I-like-him/does-he-like-me phase, you have to get past the 'are we exclusive?' thing, then wade into more serious waters. What makes it even more complicated is that we have so many options for relationships these days, says Dr. Eve, sexuality therapist and author of *Cyber Infidelity: The New Seduction*. "Our lives are messy, so we've evolved a new way of relating to one another in order to cope," she says.

It's one thing to hang in there after the initial spark fades but as psychologist Thandi Mvakali puts it, "Out of embarrassment or shame, sometimes we hold on too long to what's no longer there." It's quite another thing to stay committed to something that wasn't genuine from the get-go, especially if you're telling yourself your relationship is something it's not.

HOW DID WE GET HERE?

Societal (or self-inflicted) pressure makes us long to be in a relationship, so we fake connections. Telling ourselves that at least we're dating someone and that we're 'totally cool' with how things are when maybe, actually, we're not is no big deal... right? Dr. Eve says it is. "Being in a fake relationship can feel very disjointed because you don't know where the boundaries are," she says.

Does this blurred-line relationship truly make you happy? Because the truth is, at some point, you're bound to let the pretense slip. Once you figure out that you haven't been honest and you're not totally cool with the fact that he's not 100% committed, feelings of betrayal, hurt, and disappointment are bound to follow.

"Although we enjoy trying alternative models of dating, at the end of the day we're still expecting the same things from them," says Dr. Eve. "We want to feel loved and special." If that's not happening, it's time to get real. So pull up a chair, get a glass of wine, and listen up. You're not in a healthy relationship if...

1 HE HAS MULTIPLE GIRLFRIENDS (AND YOU KNOW IT)

The biggest thing here is that he's putting you at risk of contracting an STI—but apart from that, if he's the only guy you're dating, your self-respect should demand the same from him. Mvakali's advice? "Don't be a doormat. Leave."

2 YOU'RE BEST BUDS... AND SLEEPING TOGETHER

Maybe you started out as friends but now you look forward to your time together a little more than you would with an ordinary friend. What makes it worse is that his affection towards you can easily be misinterpreted as something deeper. Heads up, says Mvakali: You need to learn to distinguish between platonic love and romantic feelings. If you're sleeping with him, you're even more likely to develop a stronger pull for him. If that's not reciprocated, it's going to sting. If he wants to stay friends, dial back on the physical stuff.

3 HE'S JUST NOT THAT INTO YOU

It's easy to convince yourself that given time, he'll come around, or even to tell yourself that it's natural for one person in the relationship to be more dedicated than the other. The truth is that any relationship is a two-way street, and if he is not making any advances of his own, it's unlikely to progress. If he's actually told you he doesn't feel as strongly as you do, cut ties. Heartbreak is around the corner so it's best to get it over with—it will be easier if it's your decision.

4 HE HASN'T INTRODUCED YOU TO HIS FAMILY OR FRIENDS

Nope, he's not shy. Or busy. This is a telling sign, says Dr. Eve. "When two people start dating, they form a circle," she says. "When their relationship feels solid, they start to open that circle to other people. If he's not doing this, he may be afraid it won't last or be unwilling to make a commitment."

5 YOU'RE USING EACH OTHER TO MAKE OTHERS JEALOUS

You're both a bit lonely and there's nothing much going on in your love life, so why



not? Or you're posting pics of your dates because you know your ex will see them. Be warned, says Mvakali: "It's emotionally taxing to maintain this kind of fake relationship"—and it blocks your chance to find someone genuine.

6 YOU'VE NEVER ACTUALLY MET

When you're constantly exchanging texts and emails (especially if there's a naked pic or two involved), it's easy to conjure up the intimacy of a face-to-face relationship. There are two big dangers here, though. You may become a victim of a catfish (someone who pretends he's someone he's not). Or you will commit, or become emotionally invested, in a relationship that has no grounds in reality. ■

DITCH THE FAKE

Want to change your relationship status—IRL?

ASK THE QUESTIONS

"A lot of people feel awkward bringing up the 'where are we' conversation but it's essential to address this question honestly," says sexuality therapist Dr. Eve. "Let him know what your expectations are and ask for his. Check in with each other regularly because feelings change—and though you may be okay with being his side chick for a while, you could develop a stronger attachment and decide you need more."

TELL HIM YOU'RE UNHAPPY

Psychologist Thandi Mvakali says that if he's interested in making your relationship legit, he'll definitely be open to the conversation. If he's not… well, you have your answer.

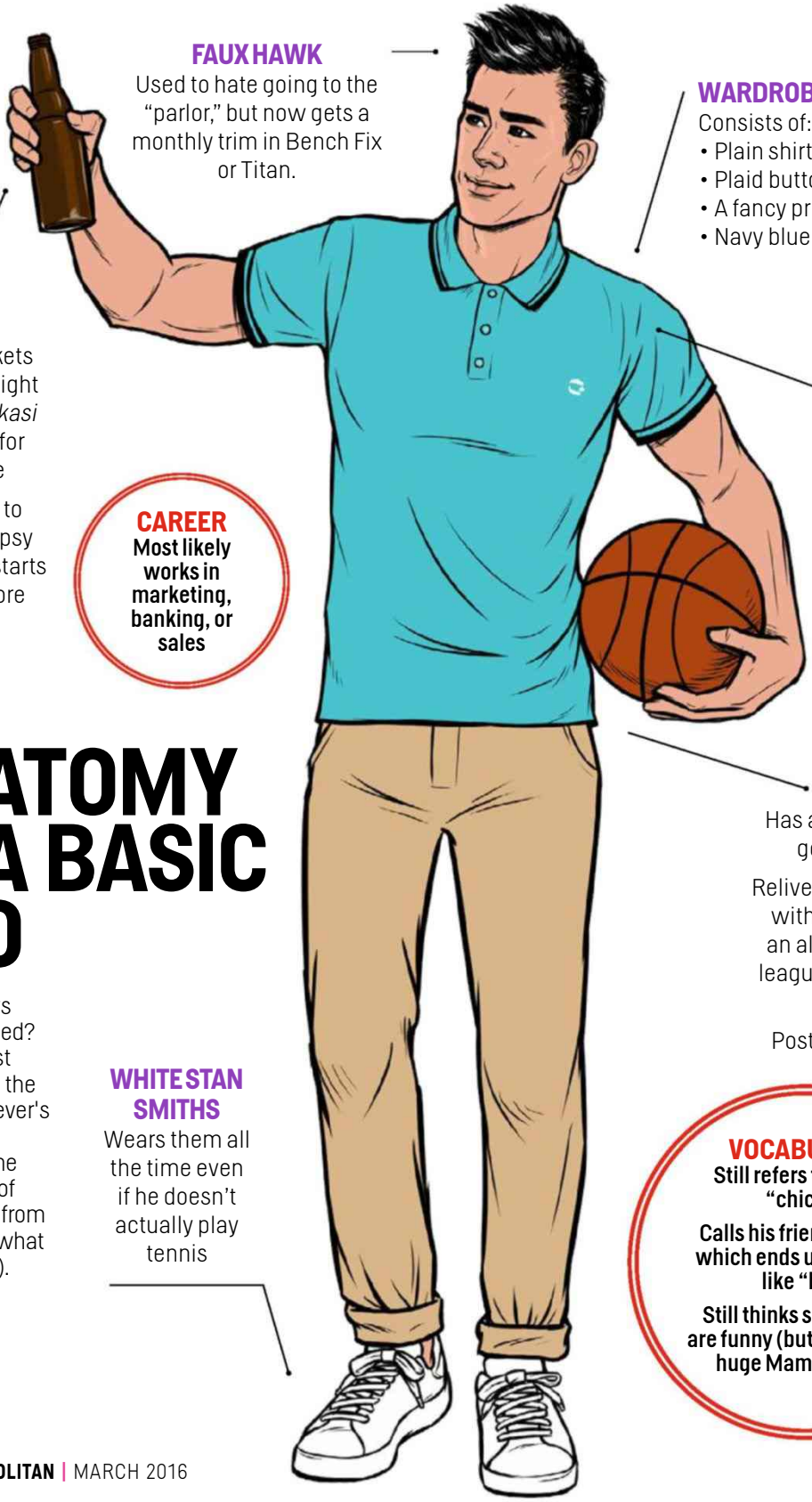
SEE SOMEONE

Talk things through with a counselor. "The basis of any healthy relationship is self-love, so if you've been putting up with second-rate treatment, you may have issues that need to be resolved," Mvakali says.

(TEXT) LISA WITEPSKI. (PHOTOS) GETTY IMAGES.

Your Guide to the Male Brain

manthropo



FAUX HAWK
Used to hate going to the "parlor," but now gets a monthly trim in Bench Fix or Titan.

WARDROBE
Consists of:
- Plain shirts from Uniqlo
- Plaid button-downs from H&M
- A fancy print for when they feel *maarte*
- Navy blue or khaki chinos

BEER
Orders buckets of San Mig Light in Dencio's *kasi mas mura* for everyone

Graduates to Draft and Tipsy Pig once he starts earning more

COLOGNE
Lacoste, Polo, or Hugo Boss

CAREER
Most likely works in marketing, banking, or sales

FAVE GAMES
- NBA 2K
- DOTA
- Call of Duty

GUY FILES

ANATOMY OF A BASIC BRO

Who says guys are complicated? Some bros just like to go with the flow, or whatever's *uso*. They're *basically* on the opposite end of the spectrum from hipsters (see what we did there?).

BASKETBALL
Has an NBA Fantasy League going with his friends

Relives basketball "glory days" with his *barkada* by joining an alumni league; while the league is ongoing, life takes a backseat.

Posts basketball photos on IG #BallsLife

WHITE STAN SMITHS
Wears them all the time even if he doesn't actually play tennis

VOCABULARY
Still refers to girls as "chicks"

Calls his friends "bruh," which ends up sounding like "bra"

Still thinks sexist jokes are funny (but are secretly huge Mama's Boys)

(ILLUSTRATION) CJ DE SILVA. (COUPLE) CHARISMA LICO. (BEER) DANNY SMYTHE/ALAMY. (COCKTAIL) EMILY KATE ROEMER/STUDIO D. (WINE) SHUTTERSTOCK.COM (WHISKEY) JOSE LUIS PELAEZ. (MILKSHAKE) COURTESY OF HARD ROCK CAFE MADRID ON PINTEREST.COM. (EMOJI) COURTESY OF IEMOJI.COM

logy

MR. BRIGHTSIDE

HERE'S WHY WE DON'T GET JEALOUS



It's not because we don't care.

First of all, why should we be anyway? While that's a rhetorical question, you actually should re-assess your reasons for feeling bothered by this circumstance. Just because we don't react when you hang with your guy friends, freely allow you to go out, and take pride in compliments thrown your way, it doesn't mean we don't care for you. We don't need to restrict you or manhandle you for you to feel that you are loved, in the same way that you don't need to push our buttons just to make us jealous and feed your needy self.

Instead of wondering and worrying why we seem too cool and complacent, try to see it in a positive light. We're letting you live your life to the fullest and we have no intentions of breeding a brat for a girlfriend. Don't wish for a guy who would lock you up just because he's insecure about you interacting with other men, or because he can't stand seeing you excel in your chosen field of work. You wouldn't want that. Your worth shouldn't be measured by how a guy wants you to act.

Here's what you should know: We're not jealous because we trust you. We're not jealous because we believe you have enough sense to avoid doing anything that would put our relationship at risk. We're not jealous because we know you're a well-mannered woman who can handle herself well. We're not jealous because call it egotistical, but compliments you get from other people make us look good, too. We're proud of you.

If at the end of the day these reasons still don't put you at ease, the best thing to do is open up about it. Let us know you need to feel more loved and wanted. Make a compromise. We don't need to be jealous to express our love, and neither do you.

THE HUSSTLE

FOUR SUBTLE WAYS TO MAKE A MOVE ON A GUY

Girls shouldn't make the first move? Screw that! Dating expert Matthew Hussey shows you how to do it…and still make any man think it's part of his master plan.

1

Look Twice

A guy won't get the hint from you vaguely tilting your head in his direction. He needs eye contact. Like, more than once—more than twice, even. That way, he knows it's safe to come over. Guys don't approach women who look like they're going to say, "Sorry, no."

2

State the Obvious

Let's say it's a hot day and you're standing next to a cute guy. Just say, "It's so hot!" It's obvious, but it works because his brain tells him, Oh, cool, I'm allowed to talk to her! Standing at the bar when a new song starts? Lock eyes briefly and say, "I love this song!" It gives him a green light.

3

Use These 7 Magic Words

Go up to him and ask, "Could I get your opinion on something?" It makes us feel important. Then say: "My friends and I are looking for a cool place to go. What's great around here?" When you end up bantering, he won't even realize you made a move in the first place.

4

Make a Spontaneous Compliment

Is he reading your fave book? Tell him! Guys aren't used to out-of-the-blue compliments. Rather than saying, "you're cute," try "I love that book. You have great taste." Now he's intrigued, but he still has to dig to see if you find him hot. Conversation, started.

DRINK IT UP

PICK YOUR POISON

Meeting a guy for drinks? Your choice of liquor says more about you than just your taste in booze.



Draft Beer

You may think holding a glass of draft beer signals to men that you're *maton* or *barako*, but in reality it shows that you won't mind blushing—or bloating—during an *inuman* because hey, you're having fun. Everybody loves a girl who is one of the boys.



Ladies' Drink

This one is pretty predictable of you. You're most likely to be offered another drink, which you will most likely refuse to take. That's fine, all right? He won't think you're picky; he'll just think you know what you want.



Wine

Channel your old soul with every whiff and sip of your wine. Hold your goblet right and you're sure to exude sophistication just like your mother taught you. He'll be impressed and think of you as a woman of grace and class.



Hard Liquor

The key to making a good impression is not to dodge this poison, but to take it and walk away from it alive. Don't be a killjoy—take the shot and get tipsy, but know when to stop. Who knows, you might even develop a taste for it.



Adult Milkshake

A mix of sugar, ice, and alcohol? Why not, you random, fun-loving, girl! Your sugar rush and crazy alcohol-fueled antics quickly make you seem charming. Let's just hope you don't upset your stomach with this hybrid.

ASK HIM ANYTHING

ADVICE FROM COSMO'S VERY OWN GUY GURU



Shack up or pack up?

Q I'm about to move in with my guy, but it's for money reasons—I don't feel 100 percent ready. What can I do to get through this with minimal fights?

A Get the practical stuff out of the way early. Make a list of the things that worry you, and hash them out together. Since money is an issue, start there: How will you split the bills? Who pays for groceries? What about his beer budget? Then move down the line: Are you going to split household chores 50/50 or split up the tasks? And so on. I know this isn't romantic, but that's the point. The more tedious stress you eliminate now, the more time you'll have to make out later. Then you may wind up loving the fact that you two jumped on the shacking-up bandwagon a little early.

Q I've never had a GF. I'm crushing on this trainer at my gym and I really want to flirt with her, but I feel totally clueless. What can I say to get her attention?

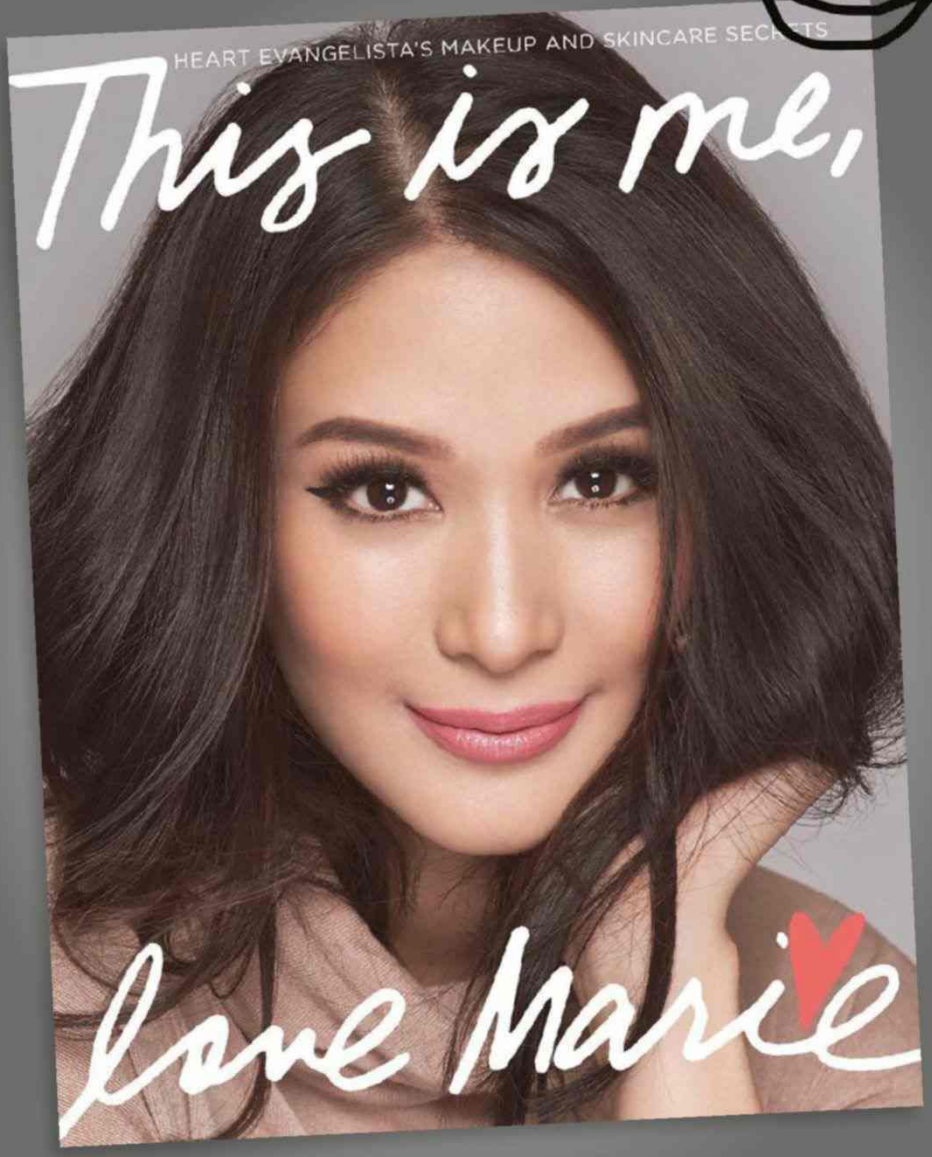
A My fave pick-up line is "Hello, my name is ____." That's usually all it takes to let someone know you're interested in her. But remember she's probably not supposed to flirt at work. So make some small talk, then focus on getting her out of the gym as soon as possible.

Q I'm so over dating for fun—I want my next guy to be someone I can get serious with. How can I say that during a first date without chasing men away?

A I can confirm that the first-date fear factor is real. It freaked me out when a girl told me about her dream wedding before our food arrived! So ease into it. Decide if you even like the guy (which may take a few dates). Then suggest what you're looking for, but don't give a State of the Date address. Casually mention that you're not into casual dating. You don't have to make the first date serious just because you want a serious relationship, but you can lay the foundation.

(TEXT) LOGAN HILL. (PHOTO) CHARISMA LICO. (MAKEUP) VIDA JAUCIAN. (HAIR) BORGE ALOBA. (STYLING) DEB BERNALES.

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HIS POINT OF VIEW

SHOULD YOU BE FRIENDS WITH YOUR EX?

It may not be for everyone, but keeping the person who broke your heart in your life isn't as messed up as it seems.



Exes are human beings, too. Mostly.

Okay, let's begin this article with important disclaimers.

No, you should absolutely not be friends with exes who are psychotic, unhinged, abusive, criminally liable, married, hurtful, abusive, sadistic, brutish, and insane. Yeah, we know: that's nearly all of them. Take your time. We'll just be here. Also, if you're the one who did the breaking up, it's an extreme case of *kapalmuks* if you're the one who makes overtures of friendship.

Now that we've cut out 99.9% of exes out there, it's time to lay the case on why you should be friends with the rest of them.

IT'S TIME TO LET GO

It's difficult to be friends with an ex the first few months after the breakup. Understandably; they'd just thrown your heart into the meat grinder. That kind of thing takes some time to recover from. Heck, for some, it can even take years. But your heart is more resilient than you know, and deep inside, you have an extraordinary capacity to forgive. Whether or not you've found someone new, facing someone who hurt you in the past with a rueful smile is the sign that you've moved on. That dude? He can no longer break your heart. From here on out, it's going to be nothing but good vibes.

HE'S CLOSER TO YOU THAN MANY OF YOUR FRIENDS

Yes, in a physical sense. But more than that, this is the guy who's (probably) met your friends, your family, your dog, your monthly period, your sour moods, your life dreams, your crazy struggles, your world-conquering ambition. It's what made the breakup so painful in the first place: the fact that he'd treated your trust so cheaply.

But because he already knows you so well, you'll find that an ex makes for a pretty good friend. On some level, he still gets you. And as long as he doesn't press his advantage, forget his place, and awkwardly bring up the past, you'll find that exes can dish out some insightful life advice.

Still, if he brings up that birthmark on your inner thigh in a *wink, wink* manner, you have our permission to throw a glass of water in his face.

HE'S NO LONGER AN ATTRACTIVE MAN

Sometimes, after seeing an ex two or three years after he ripped your soul out, you find yourself wondering to yourself: What did I ever see in this guy?

That's exactly the right attitude to have. He was the dream dude of a less-wise, less-accomplished, less-you you. His boyish charm is now just immature, his love handles have been rendered unloveable, his chill vibe has been revealed as a lack of drive—basically, you've outgrown him. He no longer has any power over you. You're not even curious to see if he's still bad in bed.

HE'S MADE YOU WHAT YOU ARE TODAY

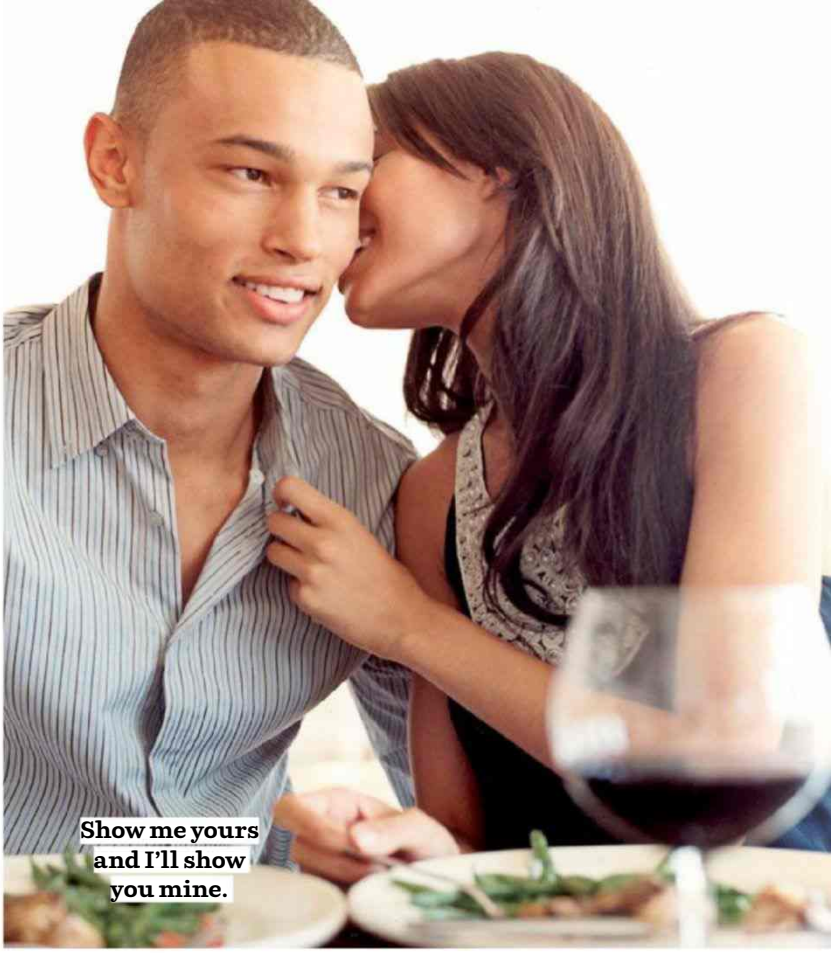
Conversely, though—and loath as you may be to admit it—that accomplished, wise woman looking back at the mirror? Your ex had a part in that. Not to give him too much credit, of course, but the way you now look at life and love is refracted through both of your shared experiences. There are the bad ones, the ones that warped and dented and hurt you—yeah, there are those, and you shouldn't forget them. But there were the good ones, too, and it takes time and bravery and forgiveness and a self-assured happiness to acknowledge them.

You don't have to, of course. You could live your life walled up and anesthesized from your past relationships. But to look back and embrace them? (Um, not literally, because that's just asking for trouble.) That's how you become whole.

(TEXT) LIO MANGUBAT (PHOTO) BEN GOLDSTEIN/STUDIO D.

SEX Q&A

No-BS responses to questions you can only ask Cosmo



Q I know I need to ask the guy I'm dating if he's been tested before we have sex, but when am I supposed to bring that up without it being super awkward?

A Dropping a "Hey, you wanna get burgers…oh, and have you been tested for STDs?" in the early stages can be slightly uncomfortable. Suggest that you get tested together, says sex therapist Neil Cannon, PhD, and if he's hesitant, remind him that it will make sex better for you both. If he balks, bolt. Or, if you've recently been tested, play a game of "I'll show you my clean report if you show me yours." Afterward, go celebrate your responsible selves with those burgers.

Q I want to try lube for the first time, but I'm confused. Are we supposed to use it on him or me…or both of us?

A When it comes to lube, it's tough to slip up (get it?)! Plus, it makes sex more comfortable, especially if you're not as wet as you want to be—anything from hormonal changes to stress can cause dryness down there, says Aviva Romm, MD, who specializes in family medicine and obstetrics—or if he finishes too fast because of too much friction. Start by rubbing a small amount—a teaspoon or so—in your hands. From there, you could touch yourself or give him an HJ, then move right to the main event. Important: If you're using lube over a condom, never use oil-based formulas, which erode latex.

Q My guy wants to take Viagra before we have sex, but he doesn't actually have problems getting it up. What should I expect exactly?

A Your man may have seen Zac Efron casually popping Viagra in that one movie, but taking an erectile dysfunction pill, especially when he doesn't need it, won't necessarily give him stronger or longer erections. And some ED meds, like Cialis, can stay in his system for 36 hours, giving him easy hard-ons the whole time. So unless you're planning a long weekend away—and filling the trunk exclusively with lube—tell him to nix the Rx. "Popping Viagra when he doesn't need it is a terrible idea," says sex therapist Barry McCarthy, PhD. "Mostly because it reinforces the notion that good sex is totally dependent on his penis." And since he doesn't have a problem in that area anyway, you'd be better off spending your time getting it on without the meds.

(TEXT) JULIE VADNAL. (PHOTO) WADLEY.

The Cosmo Girl's Guide to FEMINISM

Arm yourself with the necessary facts so you can start using the F-word with abandon.



What *is* feminism?

At its core, feminism is the ideology that women should be allowed the same rights and opportunities as men, whether in an economic, political, legal, or social context, as well as the movement that advocates these ideals.



You're A Feminist If...

- ☑ You believe men and women are entitled to equal rights and opportunities.
- ☑ You acknowledge and respect that there is diversity among all women.
- ☑ You believe that being a feminist isn't restricted to fitting a single stereotype.
- ☑ You understand that feminism can and does vary.
- ☑ You advocate measures that help achieve equality between men and women.





10 Myths About Feminism

1. All feminists hate all men.
2. Feminists want dominance over men.
3. Feminists do not believe in the idea of religion, marriage, or having children.
4. Feminists support any woman's actions or beliefs, no questions asked.
5. Feminists demand special treatment.
6. Only women can be feminists.
7. Feminists don't like traditionally feminine things or don't want to look feminine.
8. Feminism is for the wealthy.
9. All women are feminists.
10. Feminism is no longer necessary or relevant.



#SquadGoals 8 Filipina Feminists You Need to Know

1700

CONCEPCION FELIX DE CALDERON
pioneered the creation of the Philippines' first socio-civic organizations for women, the Asosacion Feminista Filipina

GABRIELA SILANG
18th-century revolutionary who continued to fight for independence from Spain after the death of her husband, Diego; famously led 2,000 soldiers in battle before being captured and hanged by Spanish forces

PURA VILLANUEVA KALAW
early 20th-century suffragist, philanthropist, art patron, businesswoman, writer, co-founder of the Philippine Women Writers Association, and first president of the League of Women Voters

NINOTCHKA ROSCA
award-winning journalist, author, and activist most known for helping shed light on human rights violations during the Martial Law era

DR. SYLVIA CLAUDIO
noted author, editor, activist, researcher, medical doctor, educator, and director of the University of the Philippines' Center for Women's Studies

REP. LUZVIMINDA ILAGAN
women's rights activist, educator, researcher, writer, and there GABRIELA party-list representative best known for her staunch support of the Reproductive Health Act, among other laws

SISTER MARY JOHN MANANZAN, OSB
Benedictine sister known for integrating Catholicism and her advocacy for women's rights through her writing, missionary work, and roles as co-founder of several women's organizations in the Philippines

SEN. PIA CAYETANO
Philippine senator and lawyer best known for her support and authorship of laws advocating women's and children's rights, most notably the Reproductive Health Act and the Magna Carta for Women

2016

*Sh*t Only Women Hear (But Shouldn't)*

"You _____ like a girl."

"She was asking for it."

"You won't need to know that in the future."

"Don't wear/act/say that because it might send the wrong message."

"You're not like a typical girl."

"Why don't you have a boyfriend? *Sayang, maganda ka pa naman sana.*"

"You should get married soon because you're not getting any younger."

"What do you mean you don't want kids?"

"You can't be a _____."

"Babae kasi."

Why the R.H. Law Matters

Republic Act 10354, better known as the Responsible Parenthood and Reproductive Health (R.H.) Law of 2012, is one of the most important pieces of legislation in the country. It not only seeks to address some of the Philippines's most pressing concerns, such as making health care and sex education more readily available to women of all classes, but also recognizes the importance of a woman exercising her rights over her body while promoting equality among all genders, classes, races, cultures, and religions.

IF THERE'S ONE THING TO REMEMBER, IT'S...

"A feminist is anyone who recognizes the equality and full humanity of women and men."

—Gloria Steinem; American journalist, political activist, and cultural icon

FILIPINA FEMINIST 2016: WHO AND WHAT ARE YOU?

You know those charts that gauge how "feminist" a country is? Turns out, they're not as clear-cut as they seem. "It's hard to compare feminisms—with an S, because there are many theories—and you have to struggle with your own context," says Dr. Sylvia Claudio, noted professor and director of the UP Women's Studies Center. "It's sometimes hard to find commonalities, because our struggles are so different."

TL;DR, we need to keep in mind that making strides in the struggle for equality means having to work together. "It doesn't matter what you call yourself; it's about being passionate about your rights, equality, and not in an individualist sense. You are supposed to stand up for yourself, but you aren't supposed to stand up for yourself and leave the rest of us behind." She adds, "There has to be an aspect of solidarity, because without it, you're not fighting a system of oppression. For a system to end it has to be for all of us, otherwise systematic oppression will continue. Feminism asks you to embrace the commonalities in the different. One of the things the movement asks you to think about is diversity, because much of what is oppressing us is about homogeneity."

(TEXT) GABY IGNACIO (ILLUSTRATIONS) CJ DE SILVA-ONG, (PHOTOS) (SILANG) WIKICOMMONS, (KALAW) RETRATO.COM.PH, (CALDERON) TOPICALPHILIPPINES.COM, (ROSCA) THEFILAM.NET, (CLAUDIO) FACEBOOK.COM, (ILAGAN) CONGRESS.GOV.PH, (MANANZAN) CATHERINEOFSIENA.NET, (CAYETANO) WIKICOMMONS.

MAKING WAVES

Sun, sand, surf… These four girls have turned bright summer dreams of the beach into their every day realities.



ANAMIE SAENZ, 40
Co-founder and operations director, Philippine Mermaid Swimming Academy

It was curiosity that led Anamie not only to help establish the Philippines' biggest mermaid swimming school, but also to share with students of all ages and genders the unique sense of wonder the experience brings.

IN THE BEGINNING "A good friend shared the idea of a mermaid school. It sounded strange at the time but after seeing it, I couldn't resist. It was a marketing dream. You only have to see a video of mermaid swimming to go, 'Oh wow!'"

THE BEST THING ABOUT MY JOB "Seeing students' faces, regardless of age, beaming with delight. It's also amazing watching their confidence grow or seeing them overcome their fear of the water."

DAILY GRIND "The challenge is keeping up with the global demand of this growing industry. Locally, we have four outlets in Boracay, Manila, Cebu, and Batangas, and certified schools and mermaid instructors all over the world."

EVERYDAY INSPIRATION "It's such a young industry that there's so much room for growth and opportunity. I love the creative aspect, meeting people from all over the world, and sharing ideas with them."

BREAKING INTO THE BIZ "You need the passion and the heart of a mermaid: poise, strength, patience, love for the ocean and the environment, and openness. To qualify to be a mermaid swimming instructor you also need basic swimming skills, and water safety or lifeguard certification."



NOELLE HILARIO, 33
Co-founder, FLOW Surf Yoga Samba

Whether around the Philippines' best and most beautiful surf spots like Baler, Siargao, and La Union, or at some of the world's best beaches, Noelle's carefully-designed yoga and surf retreats refresh, rejuvenate, and revive both the body and the spirit.

IN THE BEGINNING "I wanted a job that would allow me to be flexible with my schedule. I love surfing and travelling, and running both Flow Retreats and [the swimwear line] Brown Belly gives me time to live my passions."

THE BEST THING ABOUT MY JOB "Whenever I see our participants continue what they have learned, I feel like I'm doing something great. Inspiring and touching other people's lives is, to me, the most rewarding thing about my job."

DAILY GRIND "Before I set up both companies, I actually didn't really know what to expect as everything was new to me. I enjoyed learning as I went and getting advice from people who have more experience in the industry. "

EVERYDAY INSPIRATION "Knowing that I inspire others to follow their passions or seeing happy clients is what keeps me driven. I believe that I was born to create. I love working on the creative side of the business—it just gets me excited to come up with new and unique ideas."

BREAKING INTO THE BIZ "Do something that is in line with what you are passionate about and your lifestyle and you'll do a great job. Always put your heart in what you do and do your best even with the smallest things. Be unique and offer something new."

(TEXT) GABY IGNACIO (PHOTOS) (TRACIANNE ESTRADA) CHOLO DE LA VEGA (NOELLE HILARIO) COURTESY OF SUBJECT (ANAMIE SAENZ) KOKOY AFABLE (MIA SEBASTIAN) JONCY SUMULONG.

TRACIANNE ESTRADA, 30
Swimsuit designer, Float



It's not every day that you meet a girl with two different jobs that take her to two completely different worlds, but real estate director and swimsuit designer An makes jumping from the city to the surf look absolutely effortless.

IN THE BEGINNING "I've always wanted to build my own swimwear brand. I love the beach. I love board sports and being under the sun. But most of all, I wanted girls to have more swimwear options, especially those girls who are also into outdoor activities. I wanted to look good on and off shore."

THE BEST THING ABOUT MY JOB "Customers giving you good feedback. Seeing your work on the covers of local magazines. Girls, young and old, from different parts of the globe, tagging us on Instagram to show me their adventures and how far the Float swimmers have gone. It actually makes me feel like a modern day rock star!"

DAILY GRIND "Juggling two completely different jobs [is my biggest challenge]. I didn't realize it could be so mentally and physically draining."

EVERYDAY INSPIRATION "Waking up every morning knowing you are making a difference in people's lives. Mothers messaging me, thanking me for giving them the confidence to hit the beach again after giving birth. Things like that [keep me driven]."

BREAKING INTO THE BIZ "Play to your strengths, learn from your mistakes, and know when to break a few of the traditional rules. Don't waste time, don't put things aside. Start now."



MIA SEBASTIAN, 34
Managing partner, Flotsam & Jetsam Artist Beach Hostel

What began as a small hostel that got bookings through simple word of mouth has grown into one of La Union's most iconic spots. Whether it's through surf classes, epic parties, specialty coffee, weekend retreats, or a simple taste of beach life, Mia has helps travellers take in the best of the quiet surf town.

IN THE BEGINNING "One day, I just thought 'Wouldn't it be great if I could surf every day?' I was at a place in my life where I realized I had nothing to lose by pursuing something that brought so much joy—especially when it seemed I could never be sure of much else!"

THE BEST THING ABOUT MY JOB "Payroll and taxes. I have the job of my dreams, and at the same time it's legit. We pay what's due to our country, and we're helping people make a decent living. It's like a win-win-win situation, and that makes me so happy."

DAILY GRIND "Keeping a sense of perspective. I have to constantly remind myself that it's the pursuit of joy and meaning that inspired this whole journey."

EVERYDAY INSPIRATION "The people I work with. I see how eager and capable our team is, and think about the people who come asking if there's an opening and handing in their CVs. Why would we say no to growth when growing means empowering more people?"

BREAKING INTO THE BIZ "In hospitality, you really have to care for people. You have to care about what a stranger is feeling, what they may need, what they have to say. People can sense when you're giving a spiel, and it's hard for them to feel like they're having an authentic experience."



The BFF Breaking Point

Do you know when—and even if—you should break up with your BFF?

It may be a sweeping generalization, but it could be said that just about everyone knows how to break up with a partner: Just Google "how to deal with a breakup" and literally hundreds of articles will come up. We've honed the skills to identify red flags, the tell-tale signs and traits to avoid, the signs that all but tell us, "Abandon all hope, ye who enter this relationship." We also know what to say when the time comes to end things, how to set the stage, and even how to do the perfect "you were an important part of my life" hug at the end of that weepy conversation. Most especially, we know how to deal with the aftermath of a breakup, whether we're the ones being dumped or doing the dumping.

What happens, though, when the toxic relationship in your life happens to be with one of your squad? To say we're ill-equipped to deal with that sort of breakup is the understatement of the century because, after our families, our friendships are what we consider to be the most solid relationships in our lives. Our friends are our girls, our team, our cheerleaders, and when there's trouble within the ranks, it throws a supposedly well-oiled system out of whack. Rarely

(TEXT) GABY IGNACIO. (PHOTO) SHUTTERSTOCK.

do we entertain the possibility of a fight that demolishes the whole dynamic, or even the idea that we can, through the years, grow apart.

Together Forever

"Our friends are partly our definitions of ourselves," says life coach and counselor Suzy Roxas *(talktosuzyroxas.com)*. And that may be the reason why we have such a difficult time cutting friends out of our lives. We're loathe to reconcile the idea that a person we actively choose to keep in our lives and put in a position that helps define us as human beings isn't as goshdarnfantastic as we thought.

The unfortunate reality is that many friendships do sour. More often than not, our reactions to this swing from total ghosting peppered with awkward birthday greetings on Facebook, to outright faking it and pretending nothing's wrong.

Typically, a friendship going awry falls under one of two categories: drifting apart or some wrongdoing on the part of one or both parties. "Relationships grow in a continuum. A relationship is a dynamic engagement that is constantly changing, always developing, and always creating itself," explains Roxas. "Drifts happen because people change through time, because of the experiences they have. So, moving forward in life, if one person does not continue to touch base and stay updated with their friends, a drift will happen. Sometimes, because of these changes, conflict may arise."

And what about those times that someone just ends up doing something awful? We've always been told there are certain actions that turn your BFF into your arch-nemesis, but it turns out there are no hard and fast rules even for that. At its core is what many professionals call a "contract," an often unspoken agreement between two people that determines what behavior is deemed acceptable or unacceptable, and it changes from one person to another. Theoretically, one person could call it quits because her friend borrowed a favorite shirt without asking, whereas another person can maintain a friendship with someone who slept with her ex. "It's completely circumstantial," says Roxas.

If we really cared about fixing a friendship, though, we'd treat any rift much like we would a falling out with a partner: figuring out what the problem is and trying to fix it. Assuming what we want to achieve is restoring harmony, we can turn to the idea that anything—absolutely anything—can be fixed. But it doesn't come without its caveats. "Almost anything is resolvable, because the definitions of life change according to situation. It's how conflict is managed that will dictate whether or not the friendship will continue," shares Roxas. "What kind of fighting style do you have? Do you cut each other down? Do you not say how you really feel? Do you lie? How you handle the conflict will dictate whether or not the relationship will survive."

Shades of Grey

Sounds pretty easy, doesn't it? Identify the problem, explain your side, and all will be fixed. Well, not really. Roxas says, "Friendship, or any relationship for that matter, is about meeting halfway. Are you able to go beyond your own ideas of self, your values, your beliefs, to grow and stretch in order to accommodate the other?" Without the willingness of both parties to find a happy middle ground and, as they say, "renegotiate the contract," nothing can be repaired. So, if you really want to make a relationship work, leave your judgment and your ego at the door.

And if you're the friend broken up with? Stay classy. "Whenever the person's name comes up, try your to think about the best thing about the person, and move on," Roxas says. Being a Bitter Betty not only makes you look like a smaller person tha you really are, but also hurts you in the process. "The temptation to speak ill of a person is very high, but if you go that way, you are kissing every good memory goodbye. Don't try to hate the other person to get over them, but understand that the relationship may not be the best thing. It could just be a mismatch."

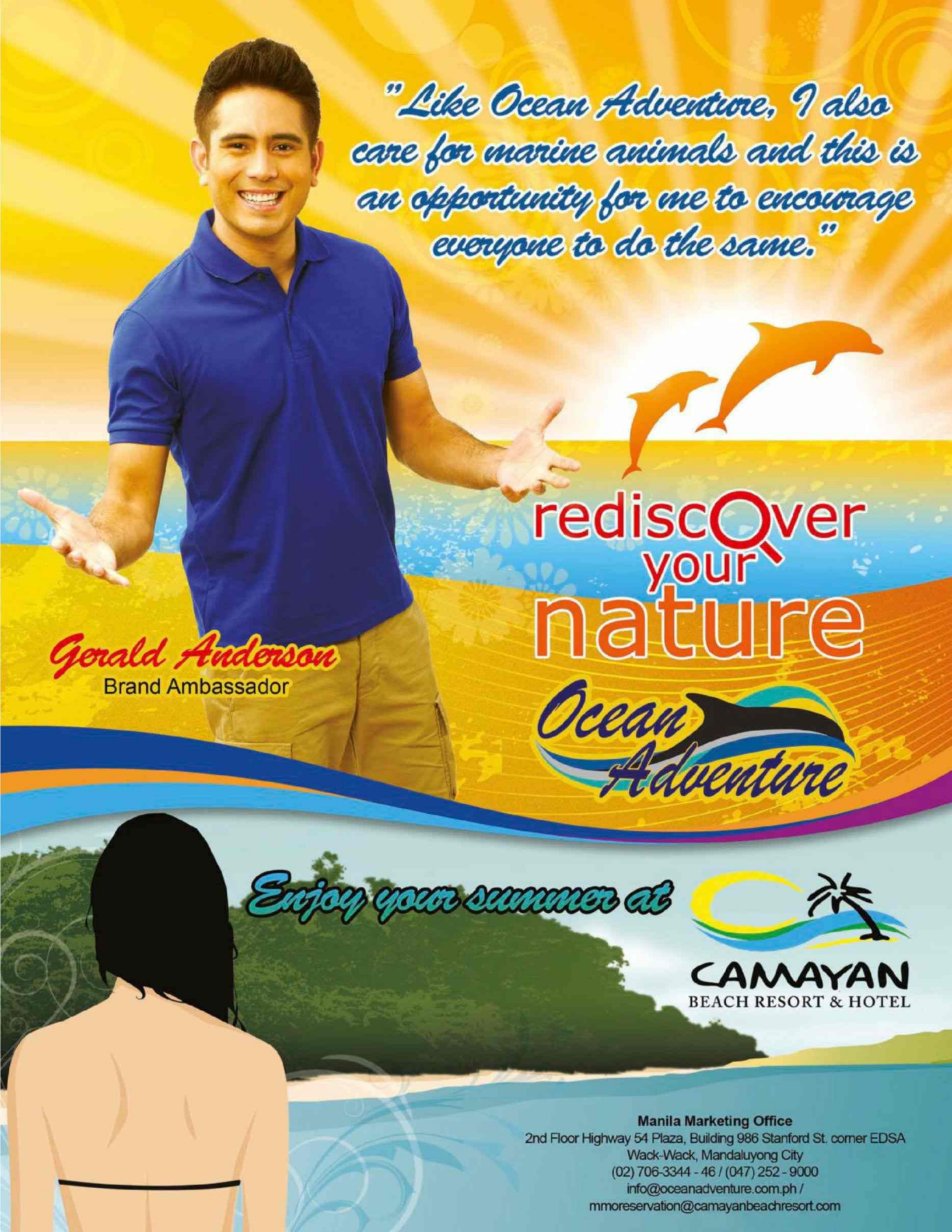
At the end of the day, and as uncomfortable as the whole process may be—which it will be, whether or not you're fixing a friendship or ending it—you need to keep in mind that your goal should always be to find peace and come from a place of love. "It will be extremely uncomfortable, because it will be soul-baring," Roxas says. "Accept that you will be hurt, and it might take longer to cope and heal, but respect and have gratitude for everything that transpired, because in some way, the friendship still helped you grow, even as it ended. "

> "Don't try to hate her to get over her, understand that the relationship may not be the best thing. It could just be a mismatch."

7 signs it's time for the talk

If you and your BFFs are experiencing any of these things in your relationship, it may be time to sit down and talk about your issues so you'll know whether to call an emotional handyman:

1. You're competitive, not supportive.
2. You never talk about anything but your past glory days.
3. You're always jealous of each other.
4. You don't trust her.
5. You get each other into trouble.
6. You usually leave an interaction feeling negative.
7. You don't put in an equal amount of effort into your friendship.


"Like Ocean Adventure, I also care for marine animals and this is an opportunity for me to encourage everyone to do the same."
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info@oceanadventure.com.ph /
mmoreservation@camayanbeachresort.com

COOL CAREER

YOU SCREWED UP. NOW WHAT?



STUMBLE-INA
After winning at the Oscars, Jennifer Lawrence falls hard (and we all fall harder for her).

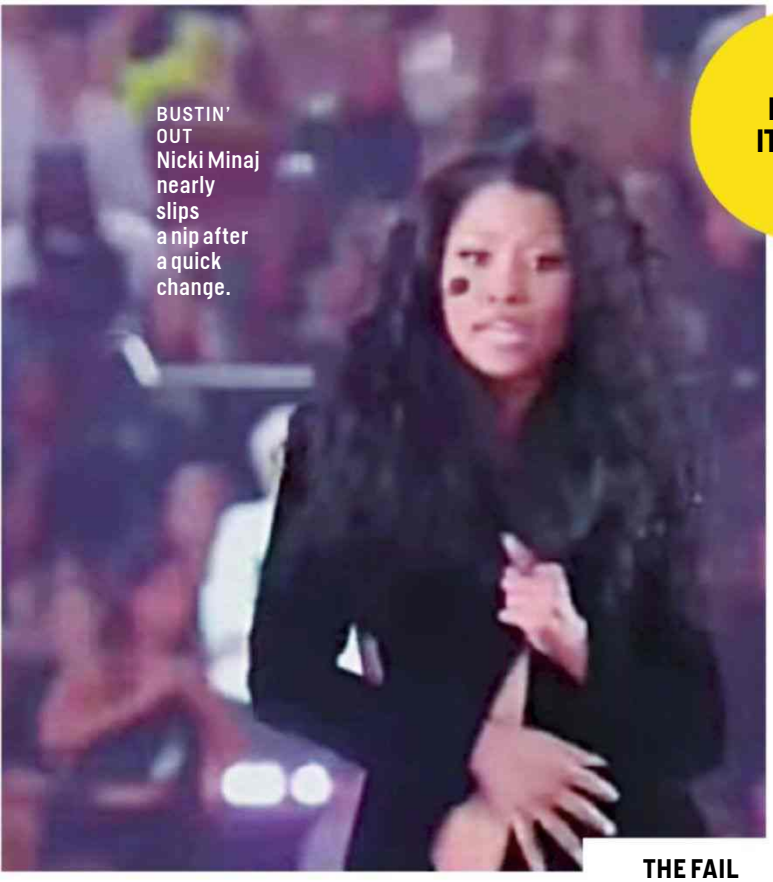


SLIP AND SLIDE
Katy Perry takes the cake for the sweetest on-stage tumble.

HERE'S THE THING about fails: Whether you've just gotten fired (work fail), completely blanked on an acquaintance's name at a party (social fail), or say, tweeted potentially offensive quips to your millions of Twitter followers (social media-career fail), it always feels like an epic blunder. (Unless you're Charlie Sheen or Donald Trump, who have elevated ignoring their mistakes to an art form)

You can blame that heaping dose of humiliation on evolution, explains Brenda Bauer, a psychologist and psychoanalyst in New York City. "Humans are social beings, and we get a fair amount of our self-esteem from the tribe." And if we think the tribe disapproves of our behavior, we panic. There's even a term for that pit-in-the-stomach, full-face-flush feeling: narcissistic mortification. Put simply, says Bauer, "You feel like you've just died."

(TEXT) MELANIE MANNARINO. (PHOTOS) GETTY IMAGES.



BUSTIN' OUT
Nicki Minaj nearly slips a nip after a quick change.

As if we're not hard enough on ourselves, our connected, 24/7 newsfeed world makes it easy for others to jump on the public-shaming bandwagon—meaning yes, everyone might be obsessing as much as you are, if only for the few seconds it takes to forward a link. Even "private" fails aren't private, when a snapshot of regular, noncelebrity you emerging from the crystal blue waters of a Caribbean beach with your bikini bottoms askew can go viral in minutes.

"With so many more platforms for communicating than ever before, it increases the speed at which a fail can spread," says Matthew Hiltzik, founder of Hiltzik Strategies, a corporate and crisis communications firm in New York City. "Plus there's a presumption that people should know better."

SHIFTING BLAME

But should you really know better? Megan McArdle, author of *The Up Side of Down: Why Failing Well is the Key to Success*, is willing to cut us all a break. "We underweigh the role of luck," she says. "We overpersonalize our failures, thinking we

MAKE IT A WIN



AND THE CROWN GOES TO...
Pia Alonzo Wurtzbach for having the grace to tell Steve Harvey, "Don't beat yourself up anymore."

THE FAIL

You got a pot citation at a music festival—which seemed like no biggie at the time, but now you realize it's basically like being arrested (read: You have to go to court and could be sentenced). Whah?

THE FIX

Before you take action, consult with a lawyer who specializes in this type of situation, says Hiltzik. Then follow his universal advice: "Accept responsibility and move on"—whether you're telling your parents why you need to borrow money to retain a lawyer or you're standing in front of the judge accepting your punishment.
To make this a win, think about how this situation happened, what you learned, and how it has made you more resilient.

THE FAIL

At a group business dinner, your coworker makes a joke and you joke back, "Good one, Tubby." Only after the table falls silent do you realize (a) "Tubby" is not the meaningless term of endearment you and your college pals used to use it as, and (b) your coworker is, in fact, obese.

THE FIX

Immediately apologize, says Bauer: "Do not make additional jokes to cover up the first one. Accept that you've created this bad experience you're having." Keep your words short and sincere. "Look the person in the eye and say 'I don't know where that came from; it was inexcusable.'" Then take a drink of water while the group moves on—but don't run from the table. When you fail like this in front of a group, Bauer says it's key to follow up privately afterward with a call to the person you've offended, "so it doesn't look like you were just sculpting your PR for the others who were there."

TAT TYPO
No (misspelled) words for how much we laughed at (and feared) this *We're The Millers* moment.

THE FAIL

You flew into a rage last night at the bar, yelling about bad service and tossing your half-finished vodka soda at the bartender. Your friends were mortified...and today, you are too.

THE FIX

A good first step is to apologize for your behavior. If you know you embarrassed your friends, tell them so. Then, says Bauer, take a big step back and don't make yourself the center of attention. No need to bring it up again once you've apologized. In fact, she says, stop feeling guilty—it's done. Consider your epic fail part of yesterday's news cycle, and move on.

THE FAIL

Your observation about Caitlyn Jenner's latest wardrobe surprise seemed clever as you typed the tweet, but it only takes seconds before you're getting shamed for intolerance. That's totally not what you meant!

THE FIX

Start typing—fast. "There are a lot of tools you can use to make up for a mistake, but some of it comes down to momentum," says Hiltzik. Bauer advises total honesty: "Acknowledge that you failed—you tried to make a joke, it didn't come out right, and you're sorry." And leave Ms. Jenner out of your tweets going forward, so as not to remind people of your earlier mistake.



(PHOTOS) YOUTUBE.

are bad or stupid or that we don't have what it takes to succeed. And while it is very rare to see a failure in which a person didn't make at least one dumb decision, some people make mistakes and nothing bad happens." McArdle offers a simple math equation: mistake + bad luck = failure. "It's always about coincidence."

To follow the equation through: You may have made a handful of mistakes, but it's the one your boss catches that could cost you your job. It's the same with social fails. Naturally, you have acquaintances whose names you can't recall on demand, and it's bad luck if you're forced into introducing one you should remember to your new boyfriend ay a party. And there are thousands of inappropriate tweets, posts, and comments sent out into the world every day (every minute?)—it's a combination of who you are, what you said, when you sent it, and who read it that can get you into trouble. McArdle's advice: "Give yourself permission to suck," she encourages. "Know that when you're failing at something, you are also learning to do something better—whether it's that thing or something else."

FLIP THE SCRIPT

No matter how badly you've messed up, there is a way to redeem yourself, says Hiltzik, and even to spin your blunder into a win. First, consider your own reputation (at the office, in your alumni clique, online). "Ad yourself: How deep is the preexisting reservoir of goodwill? How deep is the reservoir of hate? Is this repeat behavior?" he says.

In other words, if you're a first-time offender and people generally like you, your odds of turning around your flub are excellent. Hey, even if you've got a fairly healthy group of haters—hi, Gwyneth—your post-fail actions can help spread amnesia in your peers. Remember the massive outcry over her use of "conscious uncoupling" during her split with Chris Martin? Yeah, we barely remember either. That's a win. She turned that epic fail around by just moving on.

"Part of succeeding is identifying when to stop trying," says McArdle. If you can get past your mistake, others should also be able to. "The public is generally very forgiving," says Hiltzik. (And yes, your friends and family are considered part of the public.)

Once people have gotten over it, you can flip the script and come out ahead. "Adversity sometimes breeds opportunity," says Hiltzik. Humor and self-deprecation can often fast-track forgiveness. Just look at Justin Bieber. "By agreeing to a Comedy Central roast, he owned his gaffes and took them back," says Bauer. "He let others make fun of his immature mistakes, and he got an enormous amount of media buzz for it." Bieber's win? A new audience of potential fans who respect his ability to laugh at himself.

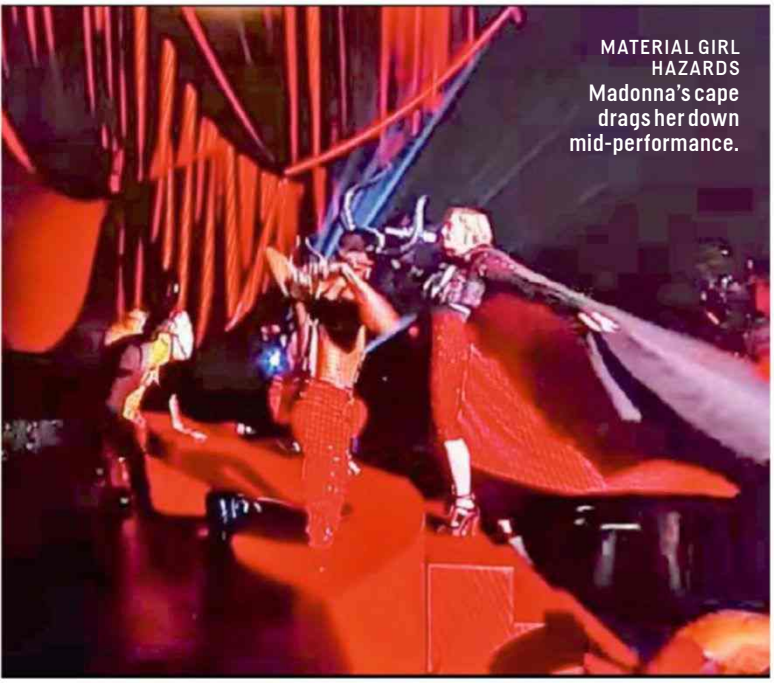
Once the flush of humiliation drains from your face and you've made sincere apologies where necessary, step back and see what you've learned. "Challenges are opportunities to learn to do something better," says McArdle. "None of us are born knowing how to do things. We learn by failing."



BURN, BIEBER, BURN
The Biebs takes it like a champ at his Comedy Central Roast.



WITH RESERVATIONS
Not sure if Alma Moreno remembered Rule #1 for any speaking engagement: Do your homework.



MATERIAL GIRL HAZARDS
Madonna's cape drags her down mid-performance.

(PHOTOS) YOUTUBE.

COSMO CASH

FUTURE FUNDS

Planning to start investing? Authors of *I Wish They Taught Money in High School*, Clarissa De La Paz and Sharon Que, answer some of our most pressing questions about making the jump.



Financial stability isn't a game of chance.

So you've finally come to the decision that maybe you'd like to expand your financial horizons beyond saving up for a gorgeous new bag or next weekend's *walwal*. But how do you start? Confusing as it may be, your 20s are the perfect time to start taking concrete steps toward your financial future.

WHAT'S THE FIRST THING I SHOULD DO?

Both De La Paz and Que are adamant that before you even start investing, you need pay off debt and build your emergency savings fund. Que says, "First, prepare—this includes building an emergency fund, learning cash management, and budgeting." There's no point, after all, in investing money when you're still in the red. All you'll be doing is setting investments on a rickety foundation that could mean more financial trouble in the future—the opposite of what you want. "Make a budget, create a plan," emphasizes Que. "Budgets play a significant role in helping anyone pay off debt, put together their nest egg, and make the most of their hard-earned income."

WHAT'S THE FIRST INVESTMENT I SHOULD PUT MY MONEY IN?

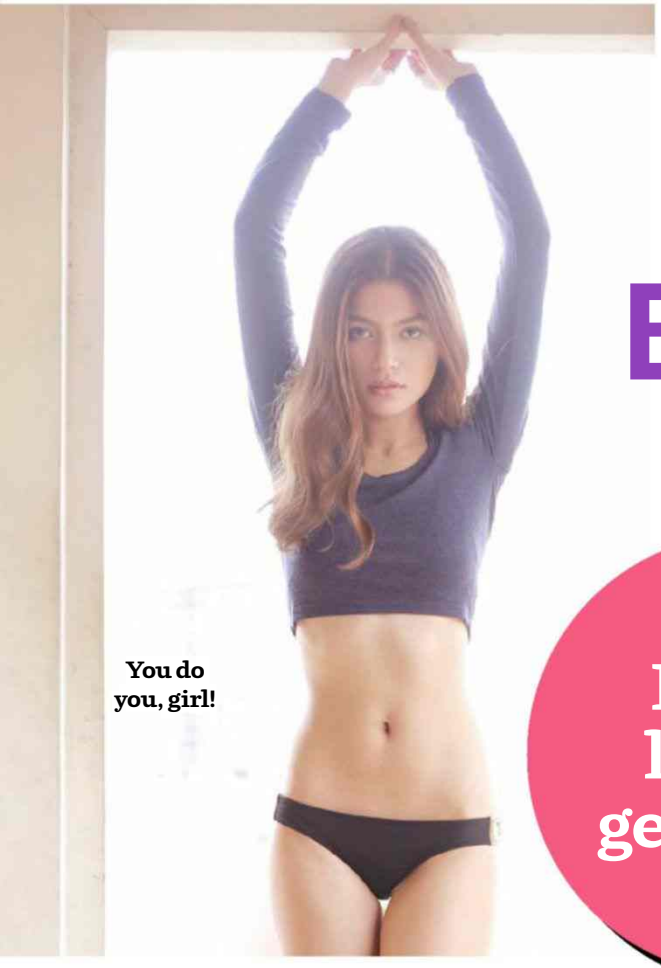
Once you actually start investing, it's always best to err on the safe side, which means starting small, starting close to home, and finding a trusted financial adviser. As with everything, there are no hard and fast rules that say you should put X amount in A,B, or C, but there are certain guidelines to keep in mind. "It really depends on how much capital you have for investing. The norm is to start small," says De La Paz, adding, "The first thing one should invest in is insurance—healthcare—and getting an insurance policy in your 20s is cheaper." After you've gotten yourself covered, you can move on to mutual funds (essentially, money you invest in a bank or other entity which is handled—along with other investors' money— by managers and put into stocks and bonds with large companies). Typically, getting older implies you'll be earning more, which means you might have more money to invest in the big stuff like property or even a business. Once you're a few years into your money-making investments and feel financially comfortable (i.e. no longer worrying about monthly payments), then you can consider looking the former and even using them as a passive source of income.

THIS ALL SOUNDS GREAT, BUT I CAN'T AFFORD IT!

Actually, you can. Pinays in their 20s usually fall into the trap of thinking that investing is something they should put off, or that they're not making enough to survive as it is, much less invest. De La Paz and Que, however, believe that that this is nothing more than a myth. "Investing is really about discipline and dedication. It doesn't matter how small the amount is when we start to save and invest – but it matters that we do it *now* and that we do it regularly," says Que. "It's not how much money you make, but how much money you save." De La Paz says, "If a person has a smart phone, or can afford to go out, then she has money she can invest. If she doesn't have substantial savings, or all her income goes to basic necessities, then she should start expanding her means. I don't believe in living within your means, I expand my means. Time to be creative—how else can you earn?" She adds, "Anyone can invest. For those who don't make enough, think about why you want to be financially free, then find ways to make enough and achieve this goal."

(TEXT) GABY IGNACIO (PHOTO) JICO JOSON.

1 **The simple joys of cute matching lingerie.**



You do you, girl!

2 Never having to deal with being stuck in a zipper.

3 Slumber parties. Then, later in life, Girls' Nights Out.

COSMO COMMANDMENTS

10 REASONS BEING A WOMAN KICKS ASS

4 Living longer, generally.

5 BEING BETTER AT THAT WHOLE EXPRESSING-YOUR-FEELINGS THING.

6 Having the choice to be what you want. Artist? CEO? Stay-at-home mom? Go for it.

7 Wearing anything, whether it's your boyfriend's shirt or a sexy sundress.

8 SCIENCE SAYS: WOMEN DEAL WITH STRESS AND FINANCES BETTER, REMEMBER MORE (AND BETTER) THINGS, PARK CARS BETTER, AND TEND TO MAKE BETTER LEADERS. NO BIGGIE.

9 GROWING UP WITH HEROINES LIKE MARIE CURIE, GABRIELA SILANG, AUDREY HEPBURN, MELCHORA AQUINO, JANE AUSTEN, LISA MACUJA…THE LIST GOES ON.

10 Because Beyoncé said so.

(TEXT) GABY IGNACIO (PHOTO) DIX PEREZ.

THE SECRET TO BEING HAPPY

PATRICIA PRIETO

Fashion, travel, and lifestyle blogger Patricia Prieto talks to Cosmo about shaking off bashers and the importance of real female friendships.



Blogger besties! <3



Her favorite city: San Francisco



Gotta love her drool-worthy food photos!



Patricia's makeup obsessions



Happiness is...

COMBINING YOUR PASSIONS

Fashion is something I've been into probably since I was four years old. I used to draw clothes (with matching shoes and bags as well) to have made for myself. The thing I love most about fashion is that it's an extension of me. It's my way of expressing myself without having to say a word. Actually, I became a blogger because at one point in my life, I wanted to be a writer. So what I did was to fuse that dream with another thing I love, which is of course, fashion! *Et voila*, my blog, Paradigma was born in 2009.

Patricia's a total beach girl





Her blog, itsparadigma.com

MAKING THE MOST OUT OF THE SUMMER

From my family's yearly trip to San Francisco to hitting the beach, summer is pretty much my favorite season. Every girl needs a bit of R&R, and traveling always fills me up with joy. Especially when it's a place I've never been to before. Walking around different cities is something I love doing.

STANDING UP FOR YOURSELF/LEARNING FROM YOUR EXPERIENCES

I know they say "forgive and forget," but that means allowing yourself to let go of what happens. I'm not saying that holding grudges is a good idea, 'cause it's not! Just don't allow yourself to be a victim of the same situation or person twice or thrice. So I say, "Forgive...but maybe it's also good not to forget." Stand up for yourself! Don't bottle things in.



BFFs with MBFs (Man's Best Friends)

HAVING REAL FEMALE FRIENDSHIPS

Another thing I love and am most thankful about is meeting my Blogger Besties. It's amazing building such an awesome bond with such great girls! We've become such a tightly knit group that I don't know what I'd do without them. We always make it a point to be there for each other. Aside from that, when we give advice, it's *real* advice. It's only right!

HAVING A STRONG SENSE OF SELF

You can't please everyone, and your past doesn't define who you are now. Over the years, I've learned that I should worry less about what people think or say about me. Don't let the opinions of others consume you—people who talk bad about you just aren't worth your time. So keep walking. You do you—don't look at yourself through the eyes of others. Be yourself.



Her new favorite workout: yoga!

Why Female Friendships Make You Happy

Unlike men, women don't just have a "fight-or-flight" response to stress, but they also "tend-and-befriend." Nurturing others and bonding with BFFs helps produce oxytocin, which reduces stress.

SOURCE: BIOBEHAVIORAL RESPONSES TO STRESS IN FEMALES: TEND-AND-BEFRIEND, NOT FIGHT-OR-FLIGHT BY TAYLOR AND KLEIN IN PSYCHOLOGICAL REVIEW.

(TEXT) ANGELICA GUTIERREZ. (PHOTOS) COURTESY OF PATRICIA PRIETO.


Love Swim
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clever visual detailing creates a range designed for swimming
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SM Mall of Asia
SM Aura
Trinoma
Uptown Mall BGC
*International swim test with 48 women.
speedophilippines
speedo
sculpture

SLIP & SLIDE

Slip in and slide out of the coolest casuals that make up today's hottest trends.

PHOTOGRAPHS BY PAOLO PINEDA

Shot on location at Circuit Makati.



THE NEW DENIM

Button-down, ₱1,490, and gaucho pants, ₱1,490, both Uniqlo. Sneakers, adidas, ₱5,495.



BRIGHT STRIPES

Knit top, H&M, ₱2,290.
Skirt, Topshop, ₱2,695.
Button-down,
Uniqlo, ₱1,490.



FUNKY FLORALS

Sunglasses, Super Andy Warhol by Retro Super Future from Ronnie & Joe, ₱25,000. Dress, Neon Island, ₱1,799. Boots, Charles & Keith, ₱3,399.



THE OFF-SHOULDER

Sunglasses, Retro Super Future from Ronnie & Joe, ₱13,100. Dress, Neon Island, ₱1,799. Sneakers, Converse, ₱3,290.



SUPER SEQUINS

Jacket, H&M, ₱5,490. Bodysuit, Topshop, ₱1,395. Sneakers, Converse, ₱3,290.



(STYLING) MJ BENITEZ. (ASSISTED BY) KAT FERNANDO. (SITTINGS EDITORS) DONNA CUNA-PITA AND HAPPY LOPEZ. (HAIR) DAVE GRONA OF CYNOS INSIDE HAIR CARE. (MAKEUP) ARCHIE TOLENTINO OF NARS. (MODEL) DANICA MAGPANTAY. SHOT ON LOCATION AT CIRCUIT MAKATI, A.P. REYES AVENUE AND HIPPODROMO STREET, CARMONA, MAKATI CITY.

TIE-DYE

Beret, AC+632, ₱980. Tee, Cotton On, ₱799, Jumper, Topshop, ₱2,995.

island dreaming

TIME TO BUST OUT THAT BEACH-READY BOD IN THE HOTTEST BIKINI STYLES.

PHOTOGRAPHY BY DAIRY DARILAG

Shot on location at BE Grand Resort, Panglao Island, Bohol



LAY BARE
Bikini top, ₱2,750, and bottom, ₱2,750, both Agua.



SUMMER BLISS
Bikini, Cesa, ₱2,280.



SOAK UP THE SUN
Bikini, Cesa, ₱2,580.



BEACH BREAK

Bikini, I Love Koi, ₱1,880. Hat, Anemone, stylist's own.



TROPICAL DELIGHT

Earrings, ₱195, and bracelets, ₱500, both Kikay. **Bikini top, Cesa,** ₱1,680 (part of a set). Bikini bottom, I love Koi, ₱1,880.



TAKE A DIP

Bikini top, ₱2,900, and bottom, ₱2,750, both Aqua Bangles, Kikay, ₱520.

(STYLING) HAPPY LOPEZ. (ASSISTED BY) ANGELICA GUTIERREZ. (HAIR) DAVE GRONA OF CYNOS INSIDE HAIR CARE. (MAKEUP) CHRISTINE LAVIÑA. (MODEL) AMBRA BATTILANA OF PRIMA STELLA MANAGEMENT. SHOT ON LOCATION AT BE GRAND RESORT. BGY. DANAO, PANGLAO ISLAND, BOHOL, 6340. 63-032-236 8888. BEGRANDRESORT-BOHOL.COM.



Drenched In Style

Wet hair makes this twisted bun easy to pull off—and stay put!

Swimsuit, Float Swimwear.

SOAKED IN SEXY

Who says you shouldn't leave the house with wet hair? These 'dos work best on straight-outta-the-shower-strands. Lock up your dryers and irons—the only thing you're doing in this heat is chillin' out.

PHOTOGRAPHS BY DIX PEREZ • SHOT ON LOCATION AT TERRAZAS DE PUNTA FUEGO



Call In Slick

No need to be late—look polished in two minutes flat with gelled-back hair.

Swimsuit, Float Swimwear.



Dried To Perfection

This styled-when-wet 'do looks as good the day after—just unravel for subtle beach waves.

Swimsuit, Float Swimwear.



Sexy When Wet

A half-up top knot is the quickest way to look effortlessly chic.

Swimsuit, Float Swimwear.



All Tied Up

The perfect hairstyle for hot summer days requires little effort—just wash, wrap, and go!

Swimsuit, Wanderlust Swimwear.

GET THE LOOK

SOAKED IN SEXY



Aveda Sun Care Protective Hair Veil, ₱1,700.



Aveda Smooth Infusion Nourishing Styling Cream, ₱1,900.



Toni&Guy Sophia Webster Limited Edition Moisturizing Shine Spray, ₱849.



Creamsilk Damage Control Daily Treatment Conditioner, ₱140.



L'Occitane Aromachologie Soothing Scalp Oil, ₱2,100.



Goody Start, Style, Finish Bobby Pins in Gold, ₱100 for 18-pack.



Davines This Is A Sea Salt Spray, ₱1,350.

Toni&Guy Sophia Webster Limited Edition Volume Plumping Whip, ₱1,099.



Elgon Sinsea Haircare Bouquet 7 Oils Blend, ₱2,950 SRP.



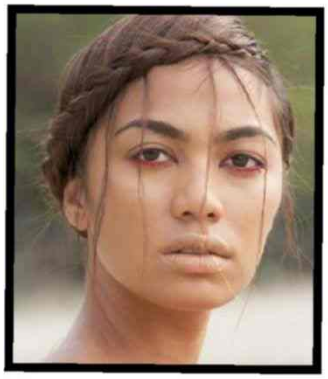
Sebamed Anti-Dandruff Shampoo, ₱458.



DRENCHED IN STYLE
Brush hair back into a tight ponytail. Separate tail into two sections, winding them around each other until they coil up. Wrap these coils around one another to form a twisted, long bun. Tuck ends of strands around and under elastic to conceal.



CALL IN SLICK
When locks are damp (not soaking), rub gel or texturizing paste between palms and comb back hair with hands. To update this sleek style, hair should look more disheveled. Refrain from perfectly smoothing back with a brush K-dash style.



DRIED TO PERFECTION
Create a deep side part. From this part, separate a one-inch section along the hairline of your forehead. French braid the one-inch section. Hair stylist Mark Familara used the pointy end of a fine tooth comb to pull strands from the braid.



SEXY WHEN WET
Tie a four- to five-inch section of hair on your crown into a messy topknot. Spritz and 'scrunch' long ends with sea salt to create texture as hair dries. When out in the sun, spray roots with SPF—a sunburned scalp leads to dandruff-like flakes.



WATER WORKS
Massage oil into your hair and scalp. Create a ponytail while smoothing out the sides. Place a long, thin rope or string under the base of the tail and tie. Intertwine each end of rope around the tail. Tie both ends together at the bottom of the tail.

(TEXT) MERIAM AHARI. (PHOTOS) DIX PEREZ. (MAKEUP & FINGER PAINT) CATS DEL ROSARIO OF SHU UEMURA. (HAIR) MARK FAMILARA OF KIEHL'S. (STYLIST) CHARMAINE PALERMO. (MODEL) ALAIZA MALINAO OF MERCATOR. (STILLS) LOUIE AGUINALDO.

FUN fab FINDS

Cop these cool picks, stat!



Love is in the Air with Revlon

Loved by women and irresistible to men, the Love Is On fragrance from Revlon is a seductive scent that ignites attraction and inspires love. Infused with different fragrance notes like Italian lemon and cardamom, the perfume is designed to spark chemistry between two people. Make room for Revlon's newest fragrance, because with this scent, love is on.

Available in department stores, supermarkets, and drugstores nationwide.



Revlon is Your Perfect Matte-ch

A sultry and seductive take on matte lips, Revlon Ultra HD Matte Lipcolor offers high-definition color in a lightweight, moisturizing formula. The lippie is made with Revlon's 100% wax-free gel technology, and is available in eight covetable shades fit for any occasion. It's also vanilla and mango-scented—who could choose just one?

Available in department stores nationwide.



Smooth as Satin

Finish off any #FOTD with the EB Advance Matic Lipstick. Enriched with vitamin E, the satin lippie has a creamy formula that easily glides on your lips. It also complements any look with six classic, no-fail shades ranging from nudes to reds. Whether you're going to an afternoon lunch with the family, dinner with the bae, or a meeting with VIPs, Ever Bilena's got you covered!

For more information, visit everbilena.com.ph.



The iPhone 5S is the Smart Phone for You

Want a new phone without breaking the bank? Get an iPhone 5S for free with the iPhone Plan 999 from Smart! The plan is jam-packed with 3.5GB of data for streaming and downloading, All-Month Surf for basic browsing, 40 minutes of calls and 100 texts to all networks, and a brand new iPhone 5S—because you deserve no less, CG!

For more information, visit smart.com.ph.



Soft Skin Made Easy

Is dry skin getting in the way of you being your fun, fearless self? With a fast-absorbing formula, Jergens Daily Moisture Dry Skin Moisturizer smoothens and relieves rough skin while giving it a soft, alluring scent. Its exclusive Hydralucence blend also provides your skin with continuous moisture, locking it in for up to 24 hours.

Available in leading department stores, supermarkets, and retailers nationwide.



Fit for Royalty

Baron Tower, the newest and most ambitious project of Wee Community Developers, Inc., rises to new heights with a 30-storey condo in one of San Juan's prime locations, Wilson Street. The high-rise condominium is a few kilometers away from topnotch educational institutions, hospitals, and shopping centers. Enjoy the perks of a prime location and first-class amenities at the Baron Tower.

For more information, visit barontower.com.ph.

BARON TOWER

HOT & HEALTHY



Bust a move and change up your summer sweat sesh!

CAN'T STAND THE TREADMILL ANYMORE?

We get you. Summer's in full swing and you're sick of the same old (or non-existent) exercise habit. Whether you want to change up your workout completely, or just need a slight tweak to get motivated again, we've got all the ideas. See Fitness Buzz for more.

(TEXT) LAUREN SAMS. (PHOTO) DIX PEREZ.

FITNESS BUZZ

START

DO YOU WANT AN INDOOR OR OUTDOOR WORKOUT?

INDOOR

AT HOME OR AT THE GYM?

HOME



DO YOU MIND PAYING?

NOPE

TRY
FITOCRACY
This app turns your work-outs into a game, where you compete against friends (or anyone who uses it!). For **$1** a day, you can connect with a fitness and food coach, too.



I'D RATHER NOT

TRY
MODELFIT
The NY-based gym credited for the angelic model bods of Adriana Lima and Karlie Kloss shares their famous workouts for free! Search YouTube for "Modelfit" and do the routines at home.

GYM



ARE YOU COMPETITIVE?



YOU KNOW IT



TRY
K-FIT AND GUAVA PASS
Thanks to these apps now availabe in the Philippines, you can have access to different spinning, boxing, HIIT, boot camp, martial arts, dancing, pilates, and yoga classes for a monthly fee. Check out **guavapass.com** and **kfit.com.**

NAH



TRY
BARRE 3
Based on ballet and pilates, this strength and cardio workout is a favor-ite of supermodels like Gigi Hadid—plus, you can watch workouts online. Head to **barre3.com.ph.**

OUTDOOR

SLOW BURN OR SUPER QUICK?

SLOW BURN, THANKS



TRY
JOG.FM
Make running more fun by getting outside and downloading this app ($3.79 on the App Store and Google Play) that matches music from your library with the time and pace of your run.

KEEP IT BASIC!

TRY
A 7-MINUTE WORKOUT APP
Yep, science says you only need seven minutes! We like the *New York Times* app—go to **well.blogs.nytimes.com/projects/workouts.** Up the intensity as you perfect the moves.

SUPER QUICK

BIT OF A BEGINNER OR NEED ADVANCED MOVES?



I'M READY TO PUSH MYSELF

TRY
HIIT WORKOUTS
High intensity interval training (HIIT) is perfect if you want to get fitter ASAP. Check out Nike Training Club and Sworkit (both free on the App Store and Google Play) for customizable routines that use your body weight and light equipment.

(TEXT) LAUREN SAMS. (PHOTOS) LOUIE AGUINALDO. (YOGA MAT) PHILIP FRIEDMAN/STUDIO D. (KETTLE BELL) BEN GOLDSTEIN/STUDIO D. (DUMBBELLS) SECOND STORY IMAGES-FOTOLIA. (HEADPHONES) JON PATTERSON/STUDIO D. (STOPWATCH) ALAMY. (SHOES) JESUS AYALA/STUDIO D.



BODY NEWS

NATURE'S SAFE SEX SPOILERS

Summer's in full swing and that usually means weekend trips outdoors with your guy or a cute new prospect. Before you get it on vacay-style, take note of these possible spoilers:

RASHES AND BUG BITES
Anti-histamines can help relieve the itch, but when none are available, apply toothpaste or mouthwash to soothe irritation—the menthol will soothe the sting.

PAINFUL SUNBURN
Take ibuprofen right away. Can't find any? Soak a small towel with cold milk and press on skin. The milk will create a protein film to ease discomfort and reduce the heat on burning skin.

INFECTIONS
All the raunchy outdoor action exposes you to all kinds of bacteria (from sand, the ocean, pool water...). Have yourself checked as soon as you get back to the city.

SOURCE: COSMOPOLITAN HAPPY, HEALTHY, AND SEXY.

ARE BRAZILIAN WAXES SAFE?

Bikini waxes may seem like the best way to keep your bikini area clean and hair-free during the summer months, but remember—removing all your pubic hair leaves your vagina more prone to infections. You also risk side effects like burns and rashes. Follow these precautions to avoid a wax gone wrong:

- Go to a clean, reputable spa where licensed aestheticians use clean latex gloves and clean, disposable wooden sticks for application.
- Make sure your aesthetician doesn't double dip into the wax—she should use a fresh applicator for every dip.
- Prep your skin with an antiseptic before and after waxing, so bacteria on the skin doesn't get inside open hair follicles.
- Check if the environment is clean and sterile, and watch how the aesthetician handles the equipment.

SOURCE: COSMOPOLITAN HAPPY, HEALTHY, AND SEXY.

Planning a literally delicious hookup? Here's how to bone appetit safely.



CHOOSE YOUR LUBE. Coconut oil is a natural lubricant and moisturizer, but don't pair it with latex condoms—it can cause them to break, warns ob-gyn Jen Gunter, MD. In fact, if you're using condoms, steer clear of any food down there. "There's no data on what affects the integrity."

DO NOT ENTER. Phallically shaped food should not be inserted inside the vagina, says Dr. Gunter. Even after washing, "produce can carry soil remnants, bacteria, or fungus that can cause infections. Also, bits of food can get lost and decompose inside you." Ew.

CLEANUP ON AISLE YOU! Syrup and honey are great for licking off each other, but give yourself a good postcoital cleaning. Sugary substances left around the vagina could cause yeast infections. Worried you got some inside you? Urinate to push any sugar out of the urethra, then wash the vulva with water and gentle soap.

(TEXT) TRISHA BAUTISTA, RACHEL NUSSBAUM, LIZ PLOSSER. (LEAD PHOTO) CHRIS CLINTON. (SIGN) NICHOLAS EVELEIGH.

FOOD BUZZ

BETTER TOGETHER

Blast the scorching heat with some mouth-watering, good-for-you smoothies. Luckily, with summer temps come an abundance of fresh, tropical fruits. Noelle Hilario, co-owner of Hillside Café and co-founder of Flow Retreats, shares some tried-and-tested flavor combos that are bursting with fiber, vitamins, and minerals.



1 Melon + Apple **2** Pineapple + Mango
3 Banana + Mango + Orange Juice **4** Watermelon + Pineapple

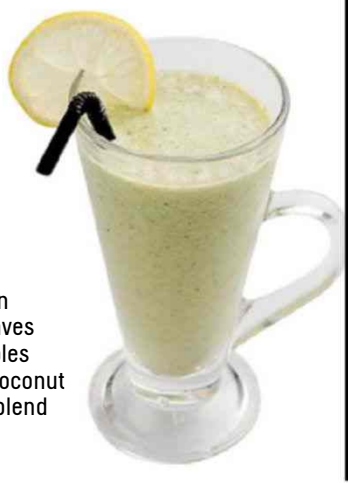
Freeze sliced fruits, and combine with your choice of non-fat, skim, full cream, soy, or almond milk in a blender. The fruits are all naturally very sweet, so you won't even need to add sugar. Try experimenting and get blending!



Make It Green!

Ready to go green? "Keep it simple," says Hilario. "Going overboard with too many fruits and veggies may end up making your smoothie taste awful. Use two to three fruits and one type of leafy green like spinach, kale, *pechay,* or lettuce, and add superfoods to boost your smoothie's benefits." Try this recipe for starters:

1 cup spinach
1/2 cup mango
1 banana
1/4 cup coconut milk
3/4 cup coconut water
1/2 tsp of a superfood of your choice - spirulina, maca powder, chia seeds, flax seeds, cacao nibs, goji berries or moringa powder



Place spinach and coconut water in blender and pulse until spinach leaves are almost puréed. Scoop out bubbles that form on top. Add frozen fruit, coconut milk and superfood of choice and blend until smooth.

KNOW YOUR SWEETENERS



Yay, you're cutting down on sugar! But are the alternatives any better? Here's the lowdown.

1 STEVIA It's extracted from the Stevia plant that's 150 times sweeter than sugar, but contains zero calories and fat. A little goes a long way—a tsp. of sugar is just as sweet as a pinch of Stevia.

2 SPLENDA Aka sucralose, it's calorie-free but about 600 times sweeter than table sugar, which may screw with your palate and up cravings. Best for drinks, but keep it to 1-2 packets.

3 HONEY It contains more carbs and calories per teaspoon than standard sugar. In good news, it's also got minerals and antioxidants. Best for hot beverages and yogurt. Drizzle on 1 tsp. max.

4 COCONUT SUGAR Harder to find, but you get minerals, B vitamins, and antioxidants. Best for baked goods—swap 1-for-1 with sugar.

5 AGAVE NECTAR It won't spike your blood sugar as much, but: Per teaspoon, it has more calories and fructose than sugar. Best for cocktails, but keep it to 1 tsp.

6 RAW SUGAR Similar to table sugar, but with trace amounts of calcium and potassium. Use 1 tsp for baking crusts, and toppings.

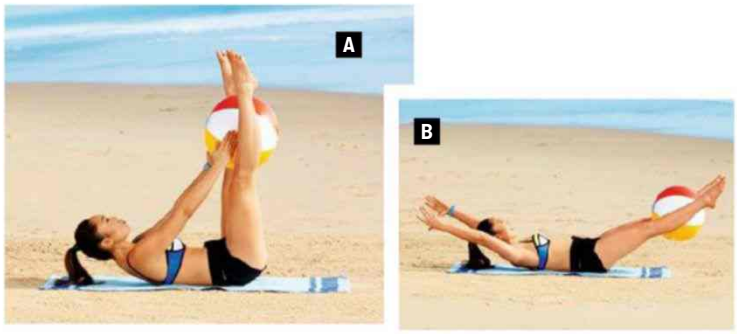
(TEXT) TRISHA BAUTISTA, COSMO.US. (PHOTOS) (MAIN) GETTY IMAGES. (FRUIT SMOOTHIES) LOUIE AGUINALDO. (GREEN SMOOTHIE, SUGAR) CHRIS CLINTON.

WORKOUT

FEEL BADASS ON THE BEACH

The number one thing you need to rock a teeny-weeny bikini: confidence. Get yours here. "These moves improve posture, so you'll look more confident," says Cassey Ho, who created POP Pilates (Vanessa Hudgens is a fan) and this plan. Do all the moves in order, three times. Then hit the surf!

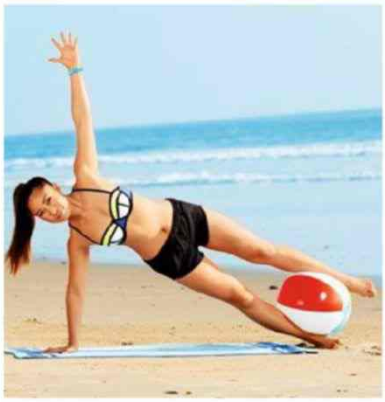




1 FIRM UP YOUR ABS

Lie faceup, legs extended, arms overhead, squeezing a beach ball between hands, with shoulders and legs a few inches off ground. Raise arms and legs up and toward each other, passing ball from hands to legs [A]. Lower [B]. Reverse motion, passing ball from legs to hands to complete one rep. Do 10.

CHOOSE A PROP Ho is using a beach ball as a Pilates ring in this workout, but if you don't have either, you can sub in a pillow.



3 TONED FROM HEAD TO TOE

Get in side-plank position, with right hand under right shoulder and left arm extended toward sky, and hold a beach ball between ankles. Squeeze legs together, pulsing for 20 reps. Switch sides to complete set.

GET EXTRA CREDIT Side planks are always great for your abs and arms, but thanks to the beach ball, this move hits the inner thighs too.

2 SCULP YOUR SIDES

Kneel on right leg with left leg extended to side, arms overhead, squeezing a beach ball between hands. Lean torso to the right, then return to start. Do 10 reps, then switch sides to complete set.

CHECK YOUR FORM To get the most out of this move, don't twist your shoulders or hips. "Think of your body like a windshield wiper: up, down, up, down," says Ho.





4 LENGTHEN YOUR LEGS

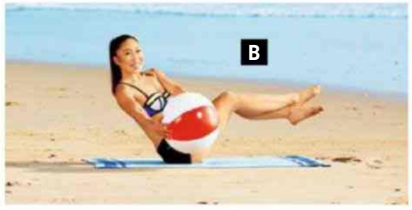
Lie faceup with hands behind head, knees bent, and legs turned out slightly, and squeeze a beach ball between feet, heels in, toes out. Curl up shoulders and lift legs so that shins are slightly higher than parallel to the ground [A]. Extend legs [B]. Then return to start. Do 15 reps.

ADD A SOUNDTRACK Ho sets her moves to pop music. "It's like a dance on the mat. Some playlist faves are 'Style,' by Taylor Swift; 'Firestone,' by Kygo; and 'Stitches,' by Shawn Mendes."



5 WORK YOUR WAIST

Sit on ground with legs in tabletop position, feet crossed, and squeeze a beach ball between hands in front of you. With legs still, twist upper body to the right [A]. Twist back to center, extending arms and legs to form a V [B]. Do 8 reps, then switch sides to complete set.



MAKE IT EASIER Ho makes it look simple, but boat pose (the basis of this exercise) is hard. If you're having trouble stabilizing as you twist, keep feet on the ground instead.

(TEXT) DANIELLE MCNALLY. (PHOTOS) NATHANIEL WELCH.

HEALTH REPORT



KILL BILBIL

It's the easiest kind of fat to gain and the hardest to lose. Now, studies show that *bilbil* kills, no matter how thin or fat you are. Cosmo investigates the fat of the matter.

Food baby, muffin top, love handles—the terms of endearment we bestow upon our potbellies speak volumes of our love-hate relationship with them.

Body-positivity aside, there's good reason to hate your gut more than to love it—and it's not only because it impedes you from wearing a bikini with confidence: A 14-year study on more than 15,000 people led by Mayo Clinic cardiologist Francisco Lopez-Jimenez reveals that non-overweight women with big bellies were 32% more likely to die during the study than obese women. Their male counterparts were twice as likely to die compared to obese men. This is due to the fact that fat that builds around the abdominal organs (visceral fat) is linked to diabetes, heart disease and other metabolic abnormalities.

"YOU NEED TO EAT FAT TO LOSE FAT."

How big a belly are we talking about? The World Health Organization says women have "central obesity" if their waist-hip ratio (divide your waist measurement by your hip measurement to get it) is 0.85 and up (for men, 0.9 up).

It's something I know only too well. Even at my thinnest, at age 21, 110 lbs., and 5'7", I still had a belly. Decades and many pounds later, despite working out five days a week and eating cleaner than most people I know, my blasted *bilbil* still runneth over.

It appears I am not alone: Pinoy *puson* is so prevalent, an entire book has been dedicated to it: *The Century Tuna Superbod Abs Plan: Your Ultimate Belly-Off Guide* (P250), written by celebrity nutritionist Nadine Tengco with *Pinoy Biggest Loser* coaches Jim and Toni Saret, zeroes in on what is unique about the Pinoy's biological makeup, lifestyle, and budget to solve the, er, national paunch problem. The diet plan features recipes for 126 "flat-belly meals" using affordable and readily available local ingredients, while the fitness program prescribes gym-free workout moves you can do anywhere. In short, your dietician, personal chef, and personal trainer will be… yourself. Success will depend on how committed you are!

"It's not you, it's your hormones," and "Abs are made in the kitchen" are Tengco's battlecries. Attributing belly fat to hormonal imbalance, she fights fat with fat, infusing the diet with good fats like Omega-3s (found in fatty fish like tuna and *bangus)* and plant-based MUFAs (Mono-Unsaturated Fatty Acids found in oils, olives, avocados, nuts, seeds, and dark chocolate). These target insulin resistance, improve digestion, reduce the stress hormone cortisol, and inhibit inflammation, thus reducing belly fat. Tengco says people who tried the plan lost 5 to 8 lbs. and 1 to 3 inches from their waists in just seven days.

Lured by this possibility and in a paunch panic before a beach trip, I volunteered to be a guinea pig. On the plan, I ate well, often (five times a day), and just enough (it's portion-controlled). I'm pesco-vegetarian, so the fish-laden fare was very much to my liking (although pork, beef, and chicken are allowed)—tasty, flavourful, creative, and varied enough so I wasn't tempted to cheat. And I never felt physical hunger (just psychological!).

The program has options for a four-, eight- , or 12-week plan, depending on your goals. Since I already work out regularly with HIIT (High Intensity Interval Training) moves similar to the Sarets' prescribed MetaFIT workouts, I skipped the book's exercise program.

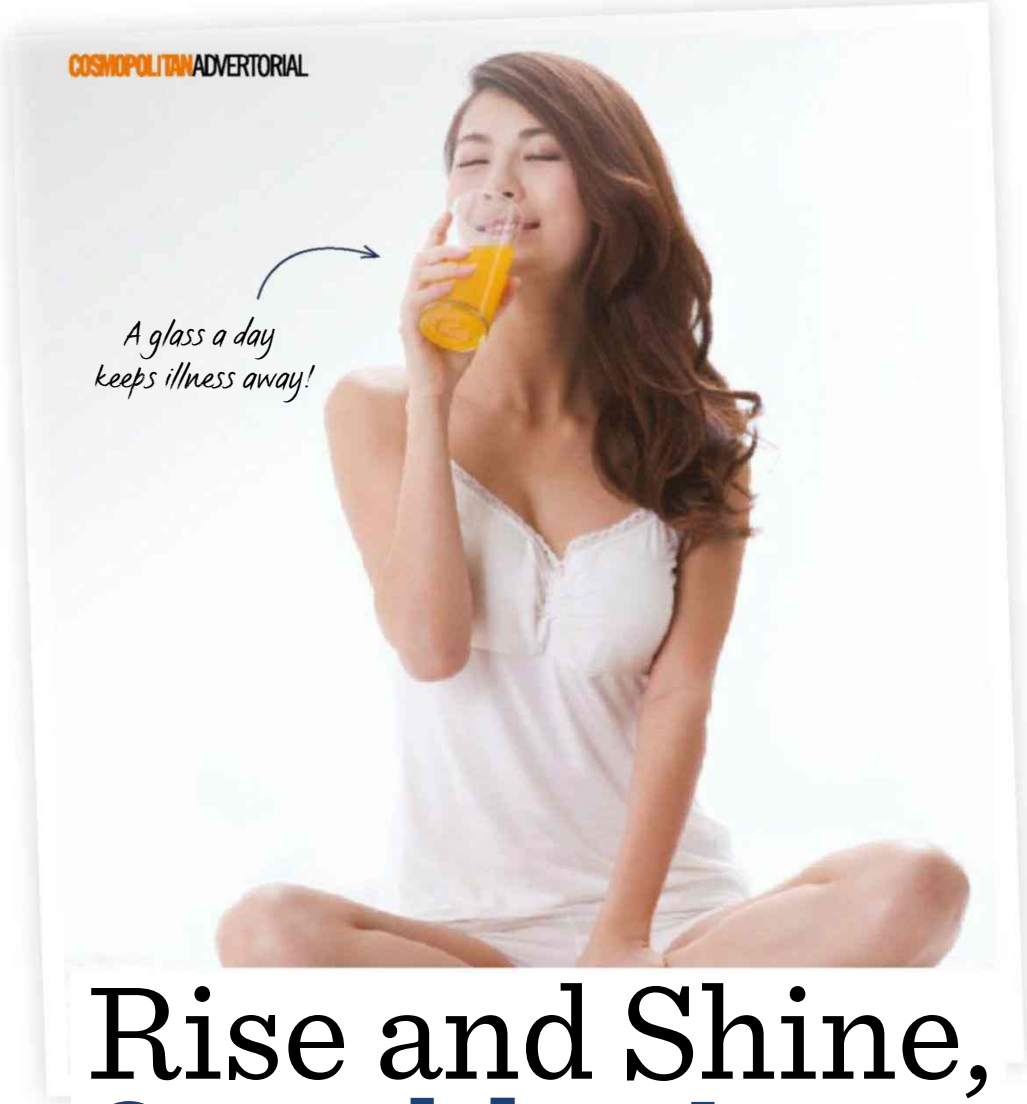
After 10 days on the program jumpstarted by a "3-Day Reboot" (de-bloating with lemon water, lemon grass water, C-lium Fibre, no added salt, sugar, or common allergens like gluten, dairy, and additives), I lost 5 lbs. and could wear a bikini again! Of course, the holidays happened…but I know I can always pull the book out, and it'll be easy enough to start again.





Creative and flavorful Omega-3 fat-laden (but portion-controlled) dishes like Tuna Florentine (left) and Bangus Kofta (right) kept the diet plan satisfying and non-monotonous.

(TEXT) MYRZA SISON. (PHOTOS) GETTY IMAGES, SYLVESTER WONG.



Rise and Shine, Sunshine!

Wake up and jumpstart your day with these energizing morning habits.

The 90-Second Shower Trick

Tweak this a.m. ritual so you don't feel sluggish in the morning!

Did you know you can make the most of your morning shower by simply adding 90 seconds to your routine? Once you're done with your normal shampoo-conditioner-and-soap ritual, rinse up with super-cold water for 30 seconds. Then, adjust the water temperature to as hot as you can take for another 30 seconds before blasting cold water for another cycle. This trick is said to tighten your pores as you wash away all the bath products, rev up your blood circulation for a natural blush, and leave you with a jolt of happy alertness as you step out of the bathroom.

I Think, Therefore I Am

Shouting out empowering statements brings about immense positivity!

Instead of hurling curse words out your car window during the morning rush-hour carmaggedon, pump yourself up as you drive for work by reciting empowering mantras. Chanting "I got this!" repeatedly while controlling your breathing will not only release any traffic-induced anxiety, it will also boost your immune system as the natural rhythm of your breathing triggers a release of white blood cells.

Freshness Starts With One Glass

Begin the day with a glass of orange juice that gets you closer to nature!

It's always a good idea to stock up your fridge with a healthy breakfast companion that's also super easy to prep. Skip the long hours of squeezing fresh fruit by opting for juices without preservatives or any added sugar. Sunkist Premium is made from 100% fruit juices sans the sugar, fat, and cholesterol. It's also a rich source of Vitamin C and is packed in a ready-to-drink carton that you can easily store in your fridge or in your office pantry so you can have a quick, refreshing taste of nature in the middle of your busy schedule. What's more, it won't break your budget. A liter of **Sunkist Premium** orange juice will only cost you Php75 (SRP)!



Share how you feel great with the hashtags
#sunkistpremium and #getclosertonature



LIVE IT UP!

ON THE ROAD AGAIN

The sun's out, temps are rising, and the city's getting too hot for comfort. Gather the gang, pack up, and go out of town on a road trip to remember.

Hit the road and don't come back 'til you've had a blast!

Whether you're ditching office for the nearby south (Alabang and Laguna, anyone?), further up north (Baguio, here we come!), or way to the far west (surf's up in Baler!), take these tips with you and have a great weekend getaway with the *barkada*.

TAKE A TRIP TO REMEMBER

Get the gals and guys together and take our tried-and-tested tips with you on your next weekend getaway. Get ready to have the best road trip, ever!

1 **KNOW WHERE YOU'LL BE GETTING YOUR MEALS.** Headed to a hotel or resort? No biggie. But if you're renting a house Air BnB style, find out if you'll have access to restaurants nearby. Planning to rough it? Buy supplies (for food, food prep, and cleanup) beforehand. Plan an easy menu and divide the group into teams so meals and cleanup duty are covered.

2 **PLAN TRANSPORTATION.** Are you taking one car for everyone or going convoy-style? Assign the group's most experienced drivers, and if possible, take turns driving. Make sure whoever's in the front seat takes care of navigating, too!

3 **MAKE AN ITINERARY FOR THE NON-NEGOTIABLES.** Set deets like where to meet up, your ETD, ETA, and where you'll be stopping for gas. If you're headed out to the provinces, it might be better to stop for all the gas you need at familiar rest stops along SLEX and SCTEX.

4 **LEAVE ROOM FOR SPONTANEITY.** Part of going on a road trip is being able to discover new cafés, restaurants, and shops along the way. Reserve lunch and *merienda* stops for new restaurants you're bound to come across.

5 **CARRY CASH FOR TOLL, GAS, AND POSSIBLE UNFORESEEN EXPENSES.** You won't always have access to ATMs! Divide the fees beforehand so everyone in the group is prepared to shell out their share.

6 **HIT THE SUPERMARKET FOR CHIPS AND SNACKS IN THE CAR.** You'd hate to have a group of people stuck in traffic, hungry and cranky. Hoard some chips and bottled drinks for the car, just in case.

APPS-OLUTELY

Lucky for us, all kinds of apps make taking a long road trip hassle-free and more organized. Don't leave home without:

WAZE Because really, who can live without Waze these days?

SPOTIFY The last thing you want is to get stuck in a quiet, awkward car for hours. Non-stop music will also help the designated driver stay awake.

GOOGLE MAPS In case your data plan (and Waze) fails you, it's always good to have a back up so you know which routes and exits to take. Take screen caps in case you lose cell phone reception.

(TEXT) TRISHA BAUTISTA; (PHOTOS) (MAIN) GETTY IMAGES; (MUST-HAVES) LOUIE AGUINALDO. (IF THERE'S ONE THING) COURTESY OF RESPECTIVE ESTABLISHMENTS.

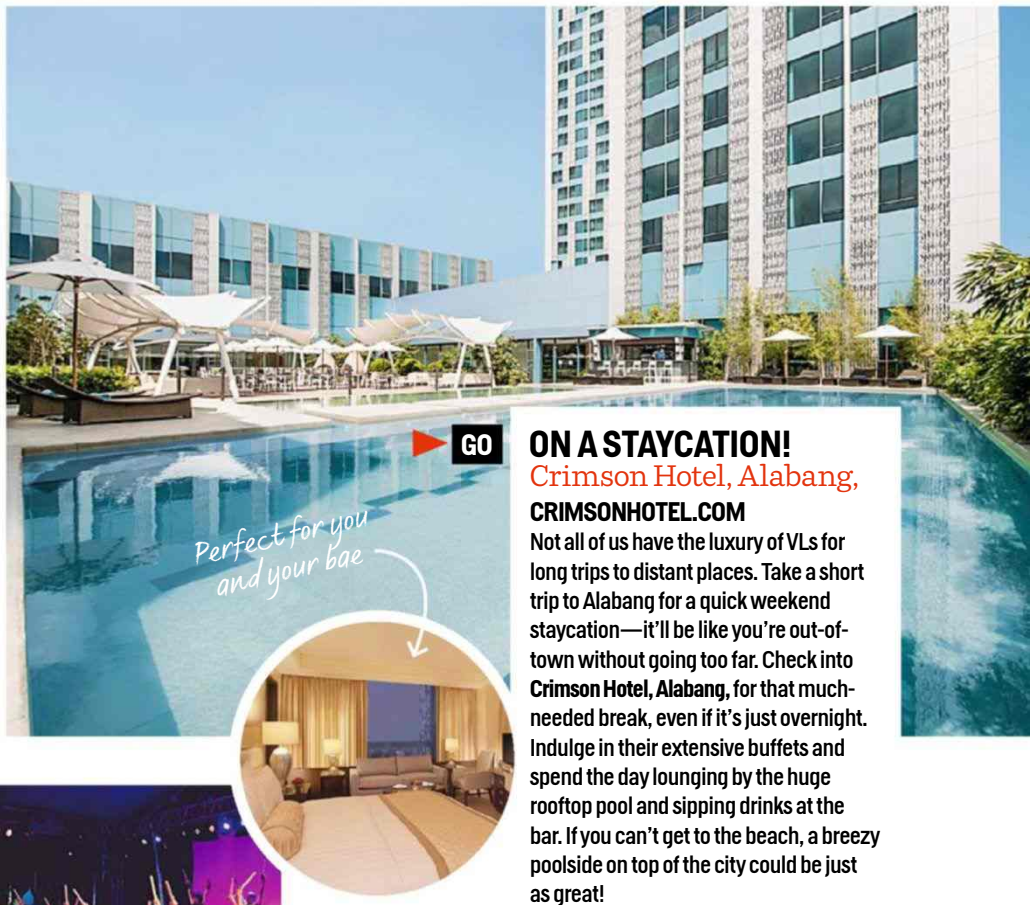
If there's one thing you should...



Pack the essentials

Don't leave home without:

- ☐ Your weekend bag, packed with a killer capsule wardrobe. Tropical temps mean shorts, tanks, and sandals, so packing light will be a breeze. Don't forget to bring a cute summer hat to complete your OOTDs.
- ☐ Your smart phone (for all those handy apps), and a tablet, if you have one. Part of going on vacay means catching up on your favorite series and books!
- ☐ Cash, IDs, and ATM or credit cards for emergencies.
- ☐ An instant camera for cute mementos of an epic trip!
- ☐ A small body bag for your cash, phone, and valuables. You don't want to be lugging around your overnight bag for when you stop by that cute café.



GO

ON A STAYCATION!

Crimson Hotel, Alabang,

CRIMSONHOTEL.COM

Not all of us have the luxury of VLs for long trips to distant places. Take a short trip to Alabang for a quick weekend staycation—it'll be like you're out-of-town without going too far. Check into **Crimson Hotel, Alabang,** for that much-needed break, even if it's just overnight. Indulge in their extensive buffets and spend the day lounging by the huge rooftop pool and sipping drinks at the bar. If you can't get to the beach, a breezy poolside on top of the city could be just as great!



WATCH

GO TO A MUSIC FESTIVAL: MALASIMBO 2016

MARCH 4-6, 2016, PUERTO GALERA
MALASIMBO.COM

Head to Puerto Galera for the ultimate music festival and get up close and personal with your favorite acts afrom around the world. Catch some of the hottest local and international bands like Sinosikat, Malasimbo Collective, Reese Lansangan, Thum Prints, and Golden Sound; and DJs like DJ Badkiss and Chikashi Nishiwaki from Japan.

EXPERIENCE

COSMO SUMMER PARTY 2016

March 19, 3 p.m. onwards, at The Palace Poolclub, BGC

Who needs #LaBoracay when you can party with your gals and Manila's hottest (read: Cosmo Hunks and Sexiest Models), right in the city? Head to The Palace Poolclub in your hottest bikinis and beachwear because we're throwing a fun, flirty bash just for you. Kick of your perfect #CosmoSummer with us, Manila's hottest DJs, and yummy cocktails as you party it out poolside. Check out our Instagram **@cosmopolitan_philippines,** Twitter **@cosmo_ph**, and **Cosmo.ph** for updates on how to score invites. See you there, Cosmo Girls!





This famous vista is worth all the hype

TRAVEL

BET ON BOHOL

Whether you're with your friends, your bae, or flying solo, Bohol offers an easy escape filled with culture, history, natural wonders, active adventures, and some of the most awe-inspiring shorelines in the country.

If you're ready to switch the FOMO attitude for some JOMO perspective, then Bohol should be next on your travel bucket list. "God's Little Paradise" boasts of a host of activities that will satisfy varying travel appetites—from moonlit paddle boarding to deep sea diving and enlightening heritage walks. Its laid back, unaggressive atmosphere will help you enjoy Bohol's steady pace and balmy breezes as you embrace the calm that only comes from being far from the city. Warning: You might never want to go back home.



See spectacular shorelines at Panglao

All commercial flights fly into Tagbilaran, the province's capital, located on the main island.

Adjacent to this island is Panglao, a top vacation destination where a wide range of resorts and hotels have cropped up over the years.

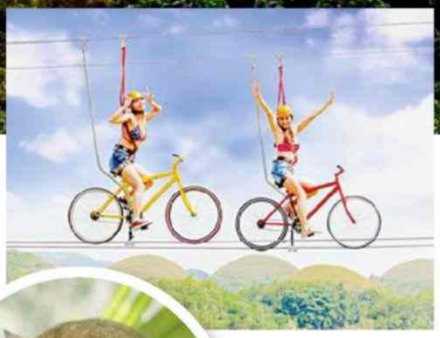
WHAT TO DO

Kick it old-school and check out the famous tourist spots in the province.

SEE THE CHOCOLATE HILLS

The world-renowned Chocolate Hills are a cluster of 1,774 limestone formations. If you come during the dry season, the parched hills really will look like mounds of chocolate. During the rainy months, the hills are lush and green—but equally IG-worthy. Want an adrenaline rush? Head to the **Chocolate Hills Adventure Park (CHAP)** and go on the Bike Zip (like a zipline on a bike) or the Hanging Bridge Walk while taking in the view.

TAKE NOTE The original viewing deck offers the most stunning view of the hills, and is situated in **Chocolate Hills Complex** in Carmen, Bohol. CHAP (chocolatehillsadventurepark.com) is





Get a glimpse of tarsiers at the sactuary

Get your adventure on at CHAP

located in Batuan, and you can catch a glimpse of some of the hills from here, but the main attraction is the park's endorphin-inducing activities.

RESPECT THE TARSIERS

Seeing these adorable nocturnal creatures is often at the top of everyone's list, but make sure to do so at the **Philippine Wildlife and Tarsier Sanctuary.** Nestled in the forest foothills of Corella town, this sanctuary is one of the few tarsier viewing spots that gives the palm-sized tarsiers the care and treatment they need. Tour guides are trained to take you through the tarsiers' natural habitat, reminding you to keep your

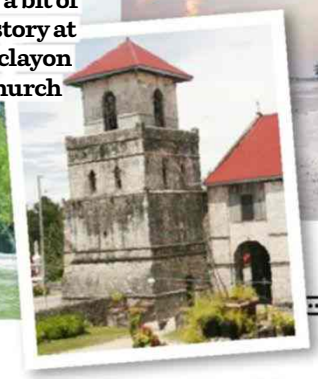
(TEXT) TATA MAPA, ANGELICA GUTIERREZ (THIRD PAGE), (PHOTOS) (MAIN) GETTY IMAGES, (BIKES) COURTESY OF CHAP, (BEACHES, BEE FARM, FOREST) COURTESY OF THEPOORTRAVELLER.COM.



Treat yourself to this view at Loboc River



Be one with the marine life at Balicasag



See a bit of History at Baclayon Church

voices down, and to nix the flash photography.
TAKE NOTE Other viewing spots will allow you to stand close to the tarsiers and take photos. This actually shocks the nocturnal creatures and can stress them to the point of death.

VISIT THE BACLAYON CHURCH

The **Purisima Concepcion de la Virgen Maria Parish Church** was completed by the Jesuits in 1727, and has been declared both a National Cultural Treasure and a National Historical Landmark. Restoration work is ongoing, so you'll be able to view original Spanish era portions of the church, as well as the ruins that are still under repair.
TAKE NOTE: Wear appropriate clothing. You may be asked to don a shawl or *tapis*.

TAKE A RIVER CRUISE

Enjoy lunch and a cool breeze to the strains of live music on the **Loboc River Cruise.** Prefer an evening cruise? Head to the **Abatan River** and see trees alight with thousands of fireflies.
TAKE NOTE: Come when the skies are dark. Twinkling lights are less obvious during a full moon.

GO SNORKELING

Book a pump boat for a morning of snorkeling (or diving!) at the **Balicasag Island Reef**, and marvel at the wonders just beneath the surface of Bohol's pristine waters. Hire a guide on the island, and rent snorkeling gear and a kayak. Balicasag is one of the top dive spots in the country, with its beautiful corals and vibrant schools of fish. You may even catch a glimpse of some dophins. Block off at least half a day for this experience.

TAKE NOTE: After checking the iconic must-dos off your list, know there's a lot more in store for your Bohol adventure. The local tourism board is always whipping up new and exciting activities, so check with the tourism office (boholtourismph.com).



Go snorkeling at Balicasag Island



Stop and smell the forest

WHERE TO STAY

When booking your hotel, remember our pointers on Bohol's geography. If you're a beach-loving babe, stay on **Panglao Island**. If you want to be near the city center, find a hotel in **Tagbilaran.** If you really want to get away from it all, research spots like **Anda** and **Pamilcan Island**.

WHERE TO EAT

Head to these spots so you don't miss out on Bohol's best cuisine.

BOHOL BEE FARM

Visit this working bee farm for fresh, organic salads, appetizing healthy dishes, and homemade ice cream (try the **Ginger and Malunggay** flavors!). After your meal, tour the grounds, shop at the commissary, or treat yourself to an outdoor massage.

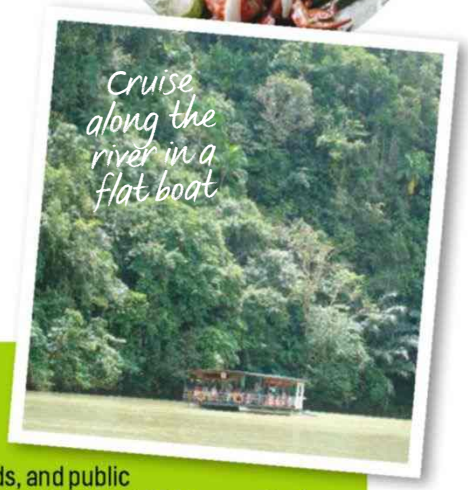
TARSIER PAPRIKA

Splurge on a classy, laid back meal at "the Antonio's of Bohol." **Tarsier Paprika** sits at the edge of a cliff, and offers sweeping views of the horizon—as well as scrumptious fusion cuisine. Perfect for romantic dining.





Get ready for a food coma at Bohol Bee Farm



WHEELS Getting around Bohol requires a bit of planning as destinations are spread out on different islands, and public transportation isn't easily accessible. Book DOT-accredited transport services such as Ramyer Travel and Tour, BIODMPC, and BTSMPC, which you can avail of at the airport and pier. Book a car with a rainbow plate to ensure it's registered.

DEALS Keep an eye out for online promos for airfare and accommodations. You might get lucky and score a stay at an exclusive boutique-type resort for as much as 60 percent off during the low season.

FEELS
Bohol's charm, natural landscape, and tranquil vibe give you that much needed breathing room you don't usually get in day-to-day life, so bring along your travel journal for some much-needed me time.



Sip on cocktails at the Bridge Bar


Love, love, love their lobby!

If you feel like splurging, the seven-hectare **Be Grand Resort** on Panglao Island is the place to be (see what Cosmo did there?). The lobby alone is totally IG-worthy, with its modern statement resort furniture and light fixtures designed by internationally-acclaimed designer Kenneth Cobonpue.

The 186-room (and 19-villa) resort has five signature restaurants so you won't run out of dining choices. Breakfast is served at **the Food Hall**, which overlooks the pool and whose sleek industrial interiors are OOTD-perfect. We loved the **Be Resorts Breakfast,** a filling feast of eggs benedict with grilled salmon, smoked salmon, and glazed pork with a side of fruit, rice cakes, coffee and fresh juice.

Can't wait to get your feet wet even though you just ate? Head to the wet dining area with plastic couches and coffee tables submerged in water. Jump right into the pool, or float T-Swift-style with pool toys available at the gift shop. We won't judge you if you're tempted to frolic in the kiddie pool, too—its seesaws and fountains are pretty cool.

The resort's quiet, picturesque private beachfront is simply R&R Central: Take a nap under the shade of the cozy cabanas designed by Kenneth Cobonpue, get a tan as you laze on the lounge chairs, or rock cocktail hour beach-side at the **Monkey Bar.** Should the shore be too rocky for wading, there's plenty to do, such as snorkeling, kayaking and paddleboarding.

If you're ready for a real underwater adventure, Be Resorts has a world-class diving center. Take basic scuba-diving lessons from certified instructors in the 10-foot dive pool. Your less- diving-inclined BFFs can watch you, drinks in hand, at **The Bridge Bar,** or they can take your pics through the portholes underneath! Once you're ready, the resort has its own pier from where you can take a boat to Bohol's famous diving sites. If powdery white sand is more your speed, **Alona Beach** is a 10-minute walk away.

As for exploring the rest of Bohol, the resort's friendly and accommodating staff can take care of booking tours for you. After a long day of sun, surf, and sand, take in the stunning sunset at the scenic roofdeck, **The Lune,** and later dine the night away in style at the **Boathouse** for an elegant "farm to table" feast.



Cosmo Fashion Travel BTS

This beautiful resort made for the perfect backdrop for *Cosmo's* swimsuit fashion editorial!


Lush foliage abounds


We loved getting our feet wet here

WWW.COSMO.PH

(TEXT) ANGELICA GUTIERREZ. (PHOTOS) DAIRY DARILAG, ANGELICA GUTIERREZ.

7 Weekend Hacks EVERY COSMO GIRL MUST KNOW

For girls who want to make the most of their free-day Saturdays!

1

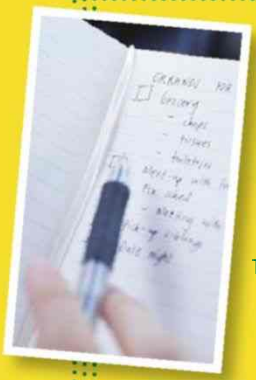
Skip the gym—clean your space or walk the dog instead! That way, you get to burn calories while getting chores done.



2

Heading somewhere later in the day? Cut down prep time by planning your outfit in advance.





3

Make a list of everything you need to do before heading out.

Tip: Use your phone's checklist app so you still have a free hand to carry your groceries.



4 Meet up with friends somewhere near everything else on your to-do list.

Tip: You can probably find everything you need in a mall, plus you only need to pay for parking once!

5 A *Cosmo* girl always has a packed social calendar. Make sure to balance your time among all your friends.



6



You probably spend most of your weekdays at work or in school, so make sure you spend quality time with your family on weekends.



7 Itching to try that new restaurant everyone's been raving about? Ask your guy out (yes, you!) and make it a date.

Do more in less time!

Get more out of your drive with **Shell FuelSave**. These fuels—in gasoline and diesel variants—are designed to last longer, and can help you reduce the need to gas up as often as you used to. They're also regularly priced, which means you don't have to pay extra to get quality gas. Make the most of your day, multitask like a pro, and do more with Shell FuelSave!



AT YOUR PLACE

DECORATING TIPS FROM A COSMO GIRL

Liz Catindig

Beach-style condo on a budget? This finance whiz shows us how to get a chill vibe on tap without breaking bank.



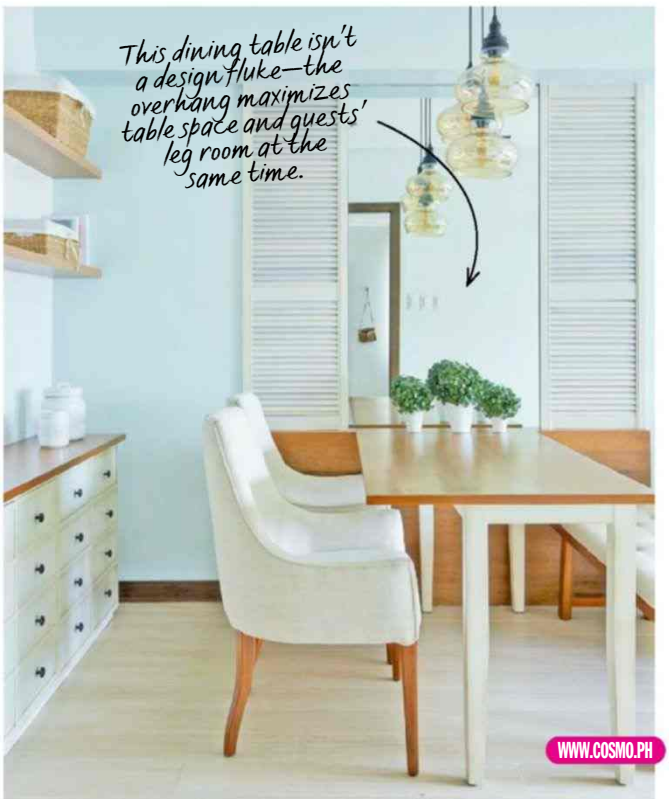


Balance lounging and dining with this coffee table: Its detachable tray lets you eat while binge-watching your favorite series.



Want a home that will never go out of style? Stick to a neutral palette and contemporary pieces. When you want to switch things up, add splashes of color and patterns with your accessories and throw pillows.

"I told my designer Suzanne that I wanted a ledge where I could have breakfast and store extra stuff," says Liz. "I also like how she connected it to create a side table."



This dining table isn't a design fluke—the overhang maximizes table space and guests' leg room at the same time.

(TEXT) LOVE OCAMPO. (PHOTOS) DAIRY DARILAG. (APOSTROPHE, H&M, COMMON ROOM, ROBINSONS DEPARTMENT STORE) COURTESY OF RESPECTIVE BRANDS.



Mix and match your seating. Liz asked her designer to put a bench on one side of the table, and movable chairs on the other for flexible seating. If you have a small unit, resting one side of your dining table against a wall saves space.

Free up counter space by hanging your cups and cutlery along the kitchen wall.



If you have the budget to renovate your condo unit, prioritize that over purchasing new furniture. Liz says, "I wanted to have the shell of the condo to my liking. The option of changing the tiles before moving in was better because it prevented me from having to move out again while it was being renovated."



Why not repurpose window shutters? You can attach and pin your reminders, photos, or mail on them.



Liz re-used her curtain fabric from her former home to cover her throw pillow and her eye-sore water dispenser in the kitchen.

Get the Look...



1



2



3



4



6



5

1 Shower curtain, ₱1,490, H&M. 2 Paperweight, ₱580, Common Room. 3 Pillow, ₱299; Robinsons Department Store 4 Frame, ₱395, Apostrophe. 5 Box, ₱279, Robinsons Department Store 6 Braided placemat, ₱499, H&M.

See Shopping Directory for details.



RAINBOW BRIGHT
watermelon slices + melon slices + mango cubes + kiwi rounds + lemon juice + coconut water + honey

GREEN PURSUIT
Granny Smith apples + cucumber slices + celery slices + spinach or kale + lemon juice + coconut water

TROPICAL PARADISE
pineapple chunks + pineapple juice + coconut cream + honey + rum (optional)

WHIP IT UP! POWER POPSICLES

Beat the heat and still rock that bikini with these healthy frozen delights.

PROCEDURE: Mix all liquid ingredients together; adjust sweetness if needed. Place solid ingredients in popsicle molds*. Pour in liquid mixture until full. Insert popsicle sticks. Freeze for at least 6 hours or overnight. **Tip:** To create layered popsicles, freeze each layer for at least 3 hours before adding next layer.

*AT MAJOR SUPERMARKETS AND DEPARTMENT STORES.

VITAMIN C BOOST
orange slices + fresh orange juice + lemon juice + lime juice + honey

BREAKFAST BOWL
flavored granola + mango cubes + yogurt + honey

TEA-RIFFIC
lychee pieces + lychee syrup + green tea + almonds

CHOCO GOOD
cocoa powder + banana + coconut cream + toasted coconut + cacao nibs (optional)

MOJITO MADNESS
lime slices + fresh mint + coconut water + lime juice + honey + rum (optional)

(PHOTOS) MIGUEL NACIANCENO. (RECIPES AND STYLING) JDGE MENDIOLA.

Shopping Directory



BEAUTY

Aloe Derma aloederma.ph
ATC Healthcare atchealthcare.com.ph
Aveda At Basement Salon in Shangri-La Plaza
Avène facebook.com/AvenePhilippines
Avon avon.com.ph
Banila Co. beautymnl.com
Beach Hut At drugstores
Belo At supermarkets
Bioderma watsons.com.ph
Bioré At supermarkets and watsons.com.ph
Bobbi Brown facebook.com/BobbiBrownPH
Burt's Bees shop.beautybar.com.ph
BVLGARI rustans-thebeautysource.com
BYS At SM Beauty in SM stores
Cetaphil cetaphil.com.ph
CoverGirl At major department stores
Cream Silk At drugstores and supermarkets
Cynos At leading salons
Davines facebook.com/DavinesPh
DKNY rustans-thebeautysource.com
Elgon beautylane.ph
Elizabeth Arden rustans-thebeautysource.com
Flawless flawless.com.ph
Giorgio Armani rustans-thebeautysource.com
Goody At major department stores
Heloise de V. shop.beautybar.com.ph
Holika Holika At SM Beauty in SM stores
Jane Iredale rustans-thebeautysource.com
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Lanvin rustans-thebeautysource.com
L'Occitane rustans-thebeautysource.com
L'Oréal At major department stores and supermarkets
MAC maccosmetics.com.ph
Malissa Kiss facebook.com/malissakissphilippines
Mario Badescu rustans-thebeautysource.com
Mary Kay marykay.com.ph
Maybelline At major department stores
Michael Kors rustans-thebeautysource.com
Murad rustans-thebeautysource.com
Narciso Rodriguez rustans-thebeautysource.com
Nature Republic facebook.com/naturerepublicphilippines
Neutrogena At major department stores and supermarkets
Nivea At SM Beauty in SM stores
NYX At SM Beauty in SM stores
Ofra Glamourbox.ph
Olay At drugstores and supermarkets
Pixi glamourbox.ph
Pond's At supermarkets
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Smashbox shop.beautybar.com.ph
Stila rustans-thebeautysource.com
Sunbum seektheuniq.com
The Aivee Clinic aivee.ph
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Toni&Guy watsons.com.ph
Tony Moly tonymoly.ph
Tory Burch rustans-thebeautysource.com
Vaseline At drugstores and supermarkets

FASHION

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Float Swimwear floatswimwear.com
Furla Greenbelt 5, Greenbelt Dr., Makati
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Melissa melissaphilippines.com
Naked Sun zalora.com.ph
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Fee e t
i

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Share a drink of Sunkist Premium with your loved ones. And bring a happy smile, the promise of fun times, and a feeling of well-being with just a glass.

Also available in 200ml pack size for Php20 (SRP)

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horoscope

GET A SNEAK PEEK AT WHAT TO LOOK FORWARD TO IN **MARCH.**

BY AURORA TOWER @AuroraAstro



BELLE DAZA
03.06.1988

PISCES /02.19–03.20

STELLAR GIFTS Creative and inspiring, your imagination soars and sparks those around you.
BLIND SPOTS You don't like to get bogged down with details and can conveniently "forget" more routine obligations.
FASHION FAVES Sentimental pieces that remind you of fun times with your best friends and old flames.
INDULGENCE A beachside retreat where you can disconnect and let your daydreams take over.
SEDUCTION STYLE You're a flirtatious spirit who knows how to encourage the person you want to make a move on. Once you're under each other's spells, you become attached at the lips, hips, and hearts.
YOUR MONTH A slew of planets is in your sign, amping you up. As you charge ahead, be sure to deliver on any promises you make mid-month. Any good vibes or bad mojo you cultivate now will last a while. After the Sun moves into Aries on the 21st, take control of a complicated money matter once and for all.
YOUR YEAR Work is your main focus this year, and you'll have plenty of opportunities to make your mark—but don't let the hustle affect your health. You'll want to be in top shape to keep up with all the new powerhouses heading your way. April will be a romantic month and sets the stage for fireworks in July. Your moment of glory arrives in October.
YOU NEED To take baby steps toward your big dreams.



ARIES
03.21–04.20

Go hard or go home is kind of your thing, and this month, you need a little of the home part of that equation—espe-cially around the 5th, when your words could be twisted. When the Sun moves into your sign on the 21st, get back out there and Blow. It. Up.
YOU NEED: A take-care-of-you night, with bubbles in your bath and glass.
ARIES GUY: That boy is ready for serious relaxing! Pro tip: Do not pick a show you want to focus on.

Body wash, **Burt's Bees**, ₱650.



TAURUS
04.21–05.21

You need to reconnect with your girls. A squad night out around the 2nd could lead to meeting someone new who could change your life. That time with your core group will reinforce your belief system and help you with a tough decision on the 25th.
YOU NEED: The reassurance that people who love you can provide.
TAURUS GUY: He just wants to party all the time this month! That's cool. He is going to give you VVVIP treatment.

Dress, **H&M**, ₱1,690.





Bikini top, **H&M**, ₱999.
Bikini bottom, **H&M**, ₱599.

best matches

VIRGO
His cool, calm demeanor gets you all hot and bothered until your shared passion sweeps you both away.

CANCER
Privacy is important to both of you, making the time you spend together all the more meaningful and fulfilling.



GEMINI

05.22–06.20

You are not going to miss your shot! Tread carefully around the 6th: All eyes will be on you. On the 29th, the heavens will be on your side when Mercury, your ruler, makes a perfect angle to Saturn. A smart career move now will blow them all away!

YOU NEED: To act like you're running out of time. Get it done!

GEMINI GUY: He is going nonstop right now, leaving you...unsatisfied.

Leather pumps, **H&M**, ₱3,490.



CANCER

06.21–07.22

This is not the time to play it safe. If you want bigger and better, more love and more magic, you're going to need to adjust. Open your mind: The 20th could be cray romantic. On the 31st, things may take a turn at the office.

YOU NEED: Courage to make change.

CANCER GUY: Embrace his spontaneous mood! Let your sense of wonder (and your fingers) lead the way.

Bag, **H&M**, ₱499.



LEO

07.23–08.22

You plan to lay low for the rest of the season, but look out for love near the 2nd. Witty ones, who make you laugh until it hurts, will have you at hello. On the 29th, the bosses will be paying attention, so don't hold back with your big ideas.

YOU NEED: A chance to catch your breath.

LEO GUY: Get real about what you want, and take it to the next level.

Bra, **Mango**, ₱1,750.



VIRGO

08.23–09.22

When your ruler Mercury unites with Neptune on the 8th, your love life will whirl! You feel swept away by an almost mystical connection with a new match, but try to keep at least one foot on the ground. Work and money will demand attention near the 30th.

YOU NEED: A brush, because it's time to paint that town red!

VIRGO GUY: Hello, Mr. Chivalrous! If he wants to wine and dine and wow you, you'll just take one for the team....

Lipstick, **MAC**, ₱1,100.

the pisces guy

JC DE VERA

03.10.1986



LOVES: Strong women who support his dreams and chase their own.

HATES: Tit for tat arguments where you both look petty.

DREAM DATE: An intimate concert followed by bedroom bonding.

WIN HIM OVER: With talks that highlight your curiosity about his passions.



LIBRA

09.23–10.22

Good thing you're the queen of balance, because between social swirl and work world, you have a lot going on! An ally at the office will be clutch, so mount a charm attack on the 2nd. The Full Moon on the 23rd is epic. Be brave; this romance is real.

YOU NEED: A lot of energy. Work out and coffee up.

LIBRA GUY: His days are totally jampacked, so by nightfall, he is going to be so ready for your jelly. Savor every sweet second.

Net bag, **Mango**, ₱1,295.



SCORPIO

10.23–11.21

Every room you walk into is electrified this month. Sparks will fly with a smokin' stranger on the 16th, when Jupiter makes a perfect trine with your ruler Pluto. Wins will keep rolling in near the 24th—did someone say "raise"?

YOU NEED: A new seductive scent.

SCORPIO GUY: His wooing ways are romcom worthy. Have a meet cute after work and plant a show-stopping kiss that sets him up for the climax that will come later.

Perfume, **Marc Jacobs**, ₱3,698 for 30mL.



SAGITTARIUS

11.22–12.21

No one shoots straighter than you, but for now, you'll score with a more strategic approach. Unexpected family news on the 6th may cause you to rethink plans. Your caution will be rewarded when you hit the bull's eye at work on the 25th.

YOU NEED: Big picture thinking.

SAGITTARIUS GUY: His trust in you goes deep. Give him advice to sort out a knotty work situation and then tell him to loosen his tie and put that thing to good use.

Clock, **Quirks**, ₱680.



CAPRICORN

12.22—01.19

Your GPS is set to fun now! Parties are revving your work, and social engines are full speed ahead! On the 16th, Jupiter forms a sweet angle to powerful Pluto in your sign, making it a lucky day. Steer clear of power plays near the 30th.

YOU NEED: To expand your horizons!

CAPRICORN GUY: He is living it way up and wants you with him. Let him plan a Big Night Out where you dress up and get down. And then enjoy some Big Night In fun.

Skirt, **H&M**, ₱1,690.



AQUARIUS

01.20–02.18

You need to make yourself the priority this month. Your ruler Uranus will make a gorgeous sextile to Venus on the 2nd, a fairy-tale day when a friend might become a more-than. Speak out on the 31st when your voice will have max impact.

YOU NEED: To stop and smell the roses.

AQUARIUS GUY: Handle your momentarily moody man with a lazy weekend of backrubs, steamy showers, and winner-take-all naked Scrabble.

Shades, **Zara**, ₱1,295.

(STILLS) COURTESY OF RESPECTIVE BRANDS. (DE VERA) MARK CHESTER ANG. (DAZA) BJ PASCUAL.

WHAT'S YOUR SUMMER SPIRIT?



1. Your idea of a perfect summer is:

a. Living out of your suitcase and not staying in one place for too long. You're always ready to hop on the next bus to that secret beach near Zambales or Siargao, or even on a plane to colder climes.
b. Doing new and exciting things! Cliff-diving in Tali? So ten years ago. We're talking white river rafting in CDO or jumping into secret caves in Palawan.
c. Having 'me time,' for reals. There is nothing better than having the luxury to relax and unwind as you please. Time to use those The Spa GCs!

2. What is the one thing you can't live without?

a. Your passport.
b. A bikini and sunscreen—and lots of it!
c. Your bed, aircon, and Lola's famous *halo-halo*.

3. What's the first thing you do on a summer holiday?

a. You're already en route to your first destination—last night!
b. Sweat it out at the gym. Gotta keep those muscles ready for action.
c. Catch up on much–needed sleep in that new botique hotel in BGC. Staycation time!

4. Your summer wardrobe consists of:

a. Staple tropical summer outfits but also OOTDs for every possible climate—you don't know where the road could take you.
b. All things active wear—swimsuits, outdoor gear, and anything Dri-FIT.
c. What wardrobe? You just sold everything at a *segunda mano*. Time to shop for this year's new look!

5. How will you spend the last long weekend of summer?

a. You're still off to some exotic city with those new friends you made on the tour last week.
b. Squeezing in that last rush that'll leave your adrenaline pumping. Bungee-jumping, anyone?
c. Binge-watching all the movies and TV shows you know you won't have time for once you get back to work.

THE BREAKDOWN

Mostly A's
JET-SETTER

You're lucky enough to still have a summer break, and the finances to travel. Today, you're in the scorching beaches, tomorrow you're up in a snow-capped mountain. But remember, exploring familiar territory isn't always boring—the opposite, even! Your biggest adventure may just be in places closest to home.

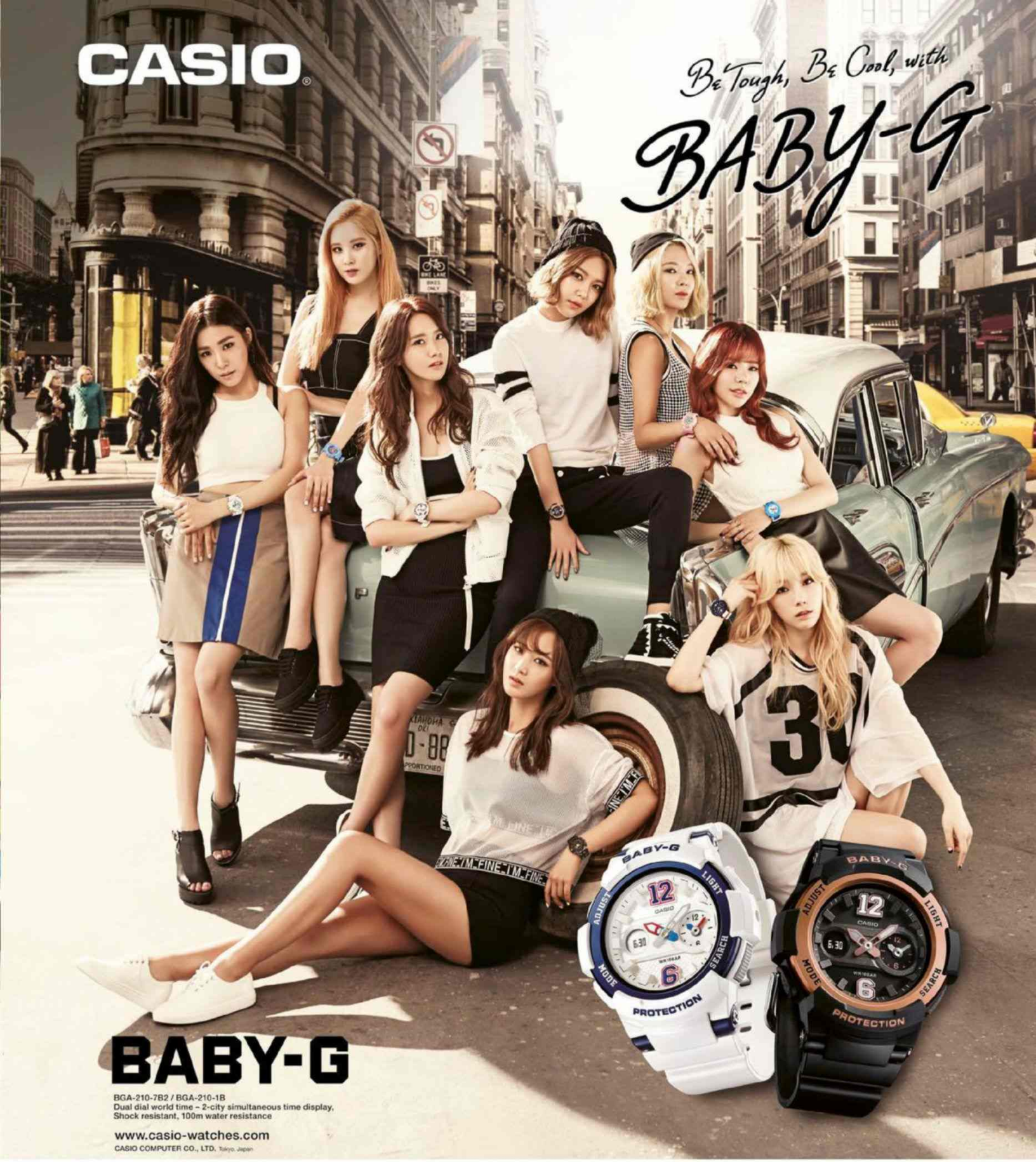
Mostly B's
YOLO-QUEEN

You're an adrenaline junkie and your friends can barely keep up! You're always hopping on a bus to climb mountains and jump into the unknown. However, always living life on the edge may burn you out. Take some time off to chill and soak in the summer sun. Giving in to that much deserved me-time may just be the best thing you'll do for yourself.

Mostly C's
SELF-LOVER

Summer holidays are your time and no one can get in the way. You thrive on simple pleasures like sleeping in or catching up with family and friends over good food, or hiding away and detoxing from the world. But since getting too caught up in your little bubble can stop you from experiencing new and exciting things, this summer, let life take you off-guard.

(TEXT) CINDY LOPEZ. (PHOTO) NICK ONKEN.



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COSMOPOLITAN
Summer
Trend Alert!
SUMMER HAIR
THE ULTIMATE SUMMER BUCKET LIST
Need To Know
SEX ON THE BEACH
(Literally!)
KEEP IT HOT!
BE FUN AND FEARLESS
Get ready for your best summer ever!



TRENDY Tresses

Cop some of these styles to complete your summer look!



Ronze (Red + Bronze)

More and more women have been sporting red hair in the last few months—from celebrities to influencers both here and abroad. Want to get in on the trend but are afraid of loud colors? Ronze may just be the color for you! A mixture of copper red and bronze brown, this trendy color brightens any complexion without being too overpowering. From an out-of-town beach trip to a night out with your girls, Ronze will add that extra oomph to your look! Use the **Palmolive Naturals Vibrant Color Shampoo and Conditioner** regimen to protect hair and help prevent color fading*, dry-out, and dullness.

**vs. non-conditioning shampoo*

Braids



Here are three ways to rock summer braids! To make sure your hair's strong enough to endure all the tugging and styling, use the **Palmolive Naturals Anti-Hair Fall Shampoo and Conditioner** duo to prevent hair fall due to breakage*.



Traditional Braid



Braided Headband



French Braid Ponytail

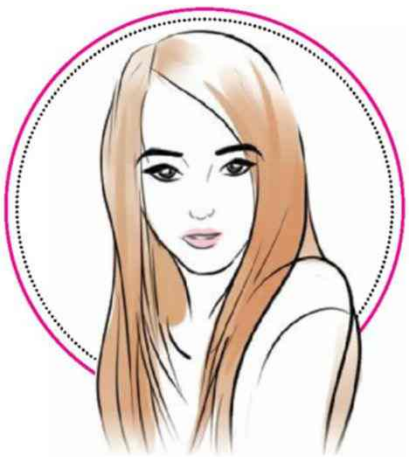
Sleek Locks



Straight hair is definitely back, and we give you three ways to play it up! Don't forget to use **Palmolive Naturals Silky Straight Shampoo and Conditioner** to keep the frizz and fly-aways at bay.



Fringe



Long Layers



Tease

Soft Waves

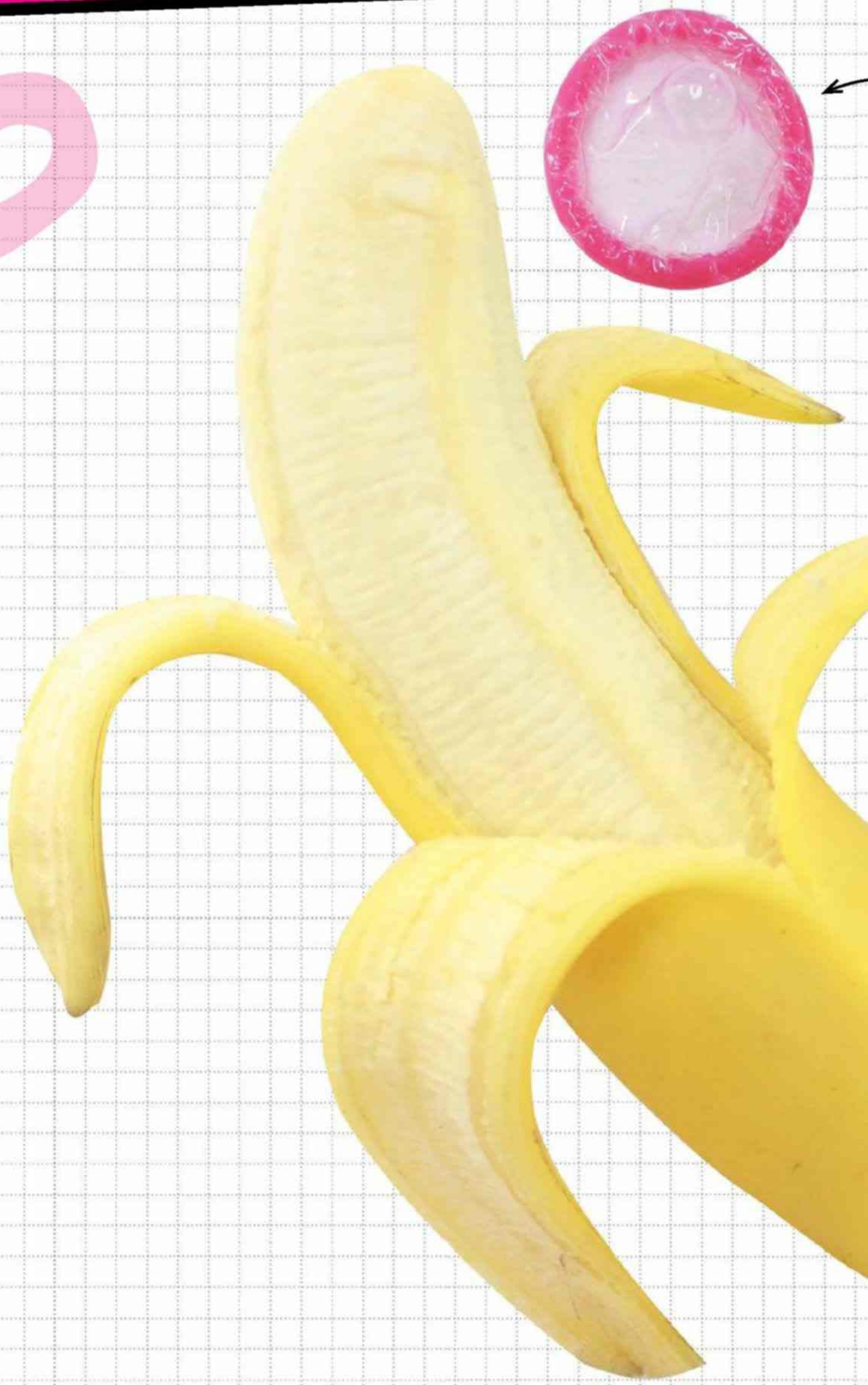
This is the one trend that looks amazing all-year round, and it's here to last. Soft waves are extremely versatile—you can take this hairstyle from brunch with your besties to date night with bae. Soft waves are feminine, carefree, and look natural and touchable. Whether you choose to use a curling iron or rollers to sculpt those waves, the key to nailing the look is to use the right products. The **Palmolive Naturals Intensive Moisture Shampoo and Conditioner** combo instantly adds essential hydration to your hair, making it softer for longer. Make waves starting this summer and start curling, stat!



Discover a range of effective products for every hair need with Palmolive Naturals Shampoo and Conditioner. With formulas infused with the goodness of 100% natural extracts, these beauty goodies care for and nourish your hair using the latest Palmolive hair care science. Your hair will smell great, too, with their long-lasting and irresistible scent!



Summer Flings and



1 Get yourself tested.

Flights booked, bikinis purchased, Tinder profile updated—you're all fired up for that beach fling you've been dreaming of all year. Before you hop on that plane, allow us to play devil's advocate and stir you in the direction of your OB-Gyne. We won't sugarcoat it: Get checked for STIs. There are different tests for various kinds of STIs, and while it can be a hassle, it's going to be more worth it than the possibility of getting someone infected. Think of this procedure as necessary as your pre-vacay Brazilian wax: Making sure you're not carrying a terribly unsexy venereal infection will amplify your confidence by a mile and will leave your hot hookup with only the steamiest of memories of you. (And don't forget to make sure he's had himself checked, too!)

2 Round up the girl squad.

Girls, get in formation—there's nothing like knowing your best gals have your back as you pair up with the yummy traveler you met on the tour. Before leaving with him, make sure you furnish your squad with all the important details: Leave them your cellphone number and the address you're heading to, along with your date's name for good measure. It's not that you don't trust your newfound fling, but if you're in a vacation spot or a foreign country, it's always reassuring to know your girls can reach you if ever something comes up.

(Safe) Sex in Between

It's the season for hot, hot hook-ups. Heed these safe sex tips for a summer romp to remember—for all the right reasons.

98%

The effectivity rate for preventing diseases when using a condom



Among single people, 2 out of 3 sexual acts don't involve condoms.

3 Don't overdo your drinking.

Your Mama was right when she told you never to mix beer and hard drinks, especially if you're looking for a lustful evening. It might do you good to lay off on getting sloshed to the point of having to fumble your way to the bedroom—that is, if you even make it to the bedroom. Drunk sex can make you and your boy get it on without either a) protection, b) proper lubrication, or c) both. Trust us, things are going to be blurry, painful, and possibly life-altering when you wake up—not the kind of Morning After you want.

4 Know your limits.

Even Christian Gray asked Anastasia Steele to sign a contract. When getting it on with a new guy, make sure you know what pleases you and what doesn't. A fling can expand your sexual boundaries and let you try things you never thought you could do (yes, handcuffs and whips are used in real life), but if something's painful or uncomfortable, never hesitate to speak up. Letting him know what you want will make your partner focus on the moves that please you. And when he does? Don't hesitate to let that scream of pleasure out, or just let him know you're digging it!

5 Tell him to suit up.

Down there, that is. The beauty of a summer fling is that it's best left at that—a short dream sequence of great romance and even better sex—so make sure that when your vacation ends, the only thing you're left with is the glow of an exciting rendezvous. Just because you're a girl doesn't mean you shouldn't have condoms ready. We recommend the Okamoto 0.03 Platinum, made with super-thin Sheerlon latex that feels like nothing on. Slipping it on will be a cinch as it's super-lubricated, and is made for easy unrolling. You've heard it many times and we'll say it again: When it comes to your dream summer fling, always remember—and insist: no glove, no (making) love.



Soak Up the Sun

Make sure this summer's like no other with a bucket list fit for any Cosmo Girl!

Road Trip with BFFs

You don't need to get on a plane to have a grand time this summer. Any of these nearby locales are just a fun car ride away!

- ☐ **Relax and unwind in Tagaytay**
- ☐ **Explore Calle Crisologo in Vigan**
- ☐ **Go on a Pampanga food trip**
- ☐ **Go outlet shopping in Laguna**

All you'll need are a ride, your BFFs, and kojie·san® **Sunscreen SPF55 with Lightening** to protect your skin from sun damage.







Outdoor Music Festivals

What kind of a summer would it be without a music festival—or three? Take your pick for a rockin' time outdoors:

- ☐ **Malasimbo Music and Arts Festival**
  Mt. Malasimbo (Puerto Galera), March 4-6
- ☐ **Chroma Music Festival**
  Globe Circuit Event Grounds (Circuit Makati), April 2
- ☐ **Paradise International Music Festival**
  Aseana City (Parañaque), April 9

Be prepared to chill on your *banig* and feel the sun on your skin, but stay away from sunburn with kojie·san® **Sunblock SPF69 Body**.

Fun Run for a Cause

Fitness is your priority, but helping others doesn't come far behind. What better way to work up a sweat than by going on a run for a cause you're passionate about?



- ☐ **Run for Life 2016**: Dasmariñas Village (Makati), March 20
- ☐ **Sparkle Up 2016 Fun Run**: CCP Open Grounds (Pasay), April 2
- ☐ **PAWBILISAN 2016: Run Fur a Cause** University of Los Baños (Laguna), April 9

Tip:
To avoid rushing in the (very early!) morning, set aside your clothes and pack your bag the night before—get your running shoes, water bottle, and kojie·san® **Sunblock SPF50 Sports** ready!

Backyard Grill

What's more fun (and filling!) than a backyard barbecue? Impress your friends—and that guy you've been eyeing—with this easy recipe for the classic *inihaw na liempo*:



Ingredients:

- 2 lbs. pork belly
- 1/2 cup soy sauce
- 3-4 pieces *calamansi*
- 4 cloves garlic, crushed
- Salt and pepper to taste

Steps:

1. Marinate pork belly in a mixture of soy sauce, *calamansi*, garlic, salt, and pepper, for at least three hours.
2. Pour the marinade in a bowl (this will serve as the basting sauce).
3. Grill the pork belly and baste each side after flipping over.
4. Serve hot with your choice of sauce (we recommend spiced vinegar) and enjoy!

There are so many recipes you can try with a home grill and an empty stomach—just don't forget to apply kojie·san® **Sunblock SPF50 Face** before you get grilling.

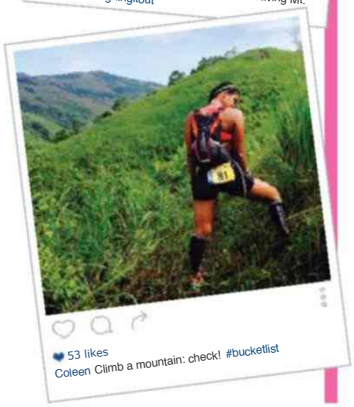
Mountain Trek

Summer's about limitless possibilities—and testing your limits! Ain't no mountain high—or near— enough, like these peaks just a few hours from Manila:

- ☐ **Pico De Loro, Cavite**
- ☐ **Mt. Batulao, Batangas**
- ☐ **Mt. Pulag, Benguet**
- ☐ **Mt. Pinatubo, Tarlac**

Tip:
Make sure your skin's protected from the scorching sun with kojie·san® **Sunblock SPF50 Sports**.





Sun's Out, Sunblock's In

The kojie·san® **Sunblock** line has a broad spectrum of protection against harmful UVB/UVA rays that cause sunburn and premature aging. Each product contains Sunactyl®, a natural ingredient which helps relieve and repair skin from the damaging effects of the sun, and also keeps your skin moisturized with the antioxidant properties of Shea butter.



Ain't no party like the

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**limited to 5 females or 4 females + 1 male only*

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VOL. 3 NO. 3 MARCH 2016



PASADATA: THE HERO TO SAVE YOUR DATA DILEMMA. TURN TO PAGE 13!

EDITOR'S NOTE

TEAM SUPERMAN or Team Batman?



Let's say you're a superhero and you're faced with the dilemma of having to choose between the Man of Steel or the Dark Knight to team up with in saving the world, who would you choose?

I know! It wouldn't be the easiest decision to make. I mean, both of them are totally amazing and each has unique strengths.

Let's try to weigh both sides.

On one hand, Superman possesses superhuman strength, flight, heat vision, invulnerability, and is faster than a speeding bullet! He has one weakness, though: Kryptonite.

On the other hand, Batman is super intelligent, tech-savvy, agile, fearless, and somehow always manages to come out on top even if the odds are against him. Just like all of us, however, Batman has human frailties.

Personally, I admire both of them. Think about this: Superman could have easily ruled the world with all of his out-of-this-world capabilities but instead, he chose to use his gifts to save and serve mankind. And despite Batman's lack of superpowers, he proved that with training, vision, and dedication, any man can become a superhero. They are equally impressive.

So who do I prefer? Frankly, I'm in the middle. I guess I'll just have to watch Superman and Batman movies again on iflix to see who will inspire me a bit more and take it from there. Good thing, there are now Smart Big Bytes promos that let me download up to two full-length flicks and watch them on my smartphone. I can do these while on the go, even in between my meetings and events.

I wish choosing between Superman and Batman were as easy as choosing Smart. Come to think of it, considering the company's consistent efforts to provide Filipinos with industry-leading mobile services and digital innovations that allow us to build stronger relationships and celebrate our passions, the talented people who form Smart Communications can be called our modern-day superheroes.

MARK MILAN MACANAS
EDITOR-IN-CHIEF

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BIG HERO Smartphones

Apple iPhone 6s Plus and Samsung Galaxy Note 5 are the two best smartphones in the world today that let you flaunt large displays for viewing experiences you've never seen before.



APPLE IPHONE 6S PLUS

Featuring a sizeable 5.5-inch Full HD Retina Display and running on the powerhouse Apple A9 chipset with M9 coprocessor, the Apple iPhone 6s Plus makes watching movies and playing graphics-intensive 3D games totally fun and enjoyable. Featuring a svelte unibody aluminum frame, this smartphone is also equipped with a 12 MP iSight camera that snaps brilliant photos even in low-light conditions, 5 MP FaceTime selfie cam with virtual flash, and the Cupertino company's new 3D Touch technology that senses pressure when you rest your finger on the screen.

Get your Apple iPhone 6s Plus 16GB FOR FREE with **Smart iPhone Plan 2499**! It comes with a whopping 15GB Data, all-month surf, 300-minute All-Net Calls, and 300 All-Net Texts. It also comes with a 30-month contract. Available in 64GB and 128GB, too!

SAMSUNG GALAXY NOTE 5

Samsung Galaxy Note 5 comes with all the best mobile innovations that the Korean giant has to offer. On the outside, the smartphone sports a massive and super-crisp 5.7-inch Quad HD SuperAMOLED display that lets you view videos in stunning detail, a 16 MP autofocus snapper at the back, and a 5 MP front cam for selfies. Under the hood, it runs its TouchWiz-flavored Android 5.1 Lollipop operating system with its beasty 64-Bit Octa Core Exynos 7420 processor, has a whopping 4GB of RAM for smooth multitasking, and comes with 32GB of internal storage. But the one feature that sets the glass-and-metal-clad Galaxy Note 5 apart from other smartphones is that it supports the S-Pen stylus, which allows you write or draw right on the glass touchscreen.



Get your hands on the FREE Samsung Galaxy Note 5 with **Smart All-In Plan 2500**! With this fully consumable and customizable plan, you can choose to surf all you want up to 1GB/day with SurfMax 995 for 30 days. Simply text SURFMAX 995 to 9999 to register. You can also enjoy Unli Call and Text to SMART and TNT for 30 days for only P599. To avail, text UCT to 7577. Also comes with a 30-month contract.

So which of the two is better, you ask? It depends on your preference, really. If you're already on the Apple ecosystem – that is, you already own a Macbook, an iPad, or a Mac – and you admire Apple as a company, I'd understand if you prefer the Apple iPhone 6s Plus. But if you're the creative type who likes doodling on your big-screen devices using a stylus and you love the openness of the Android platform, I guess you'll find the Samsung Galaxy Note 5 more attractive.

BYTEMAN VS. SURFERMAN



It's the biggest battle of this generation: a resourceful being with the power to scour the planet for data versus a super-human with an unquenchable thirst for information. They clash against each other for Internet supremacy—downloads against streaming, work against play, bite-size against big bites.

But who says both of them can't win? All it takes is Smart Big Bytes Packages to bring peace and order back to the worldwide web (no matter whose side you're on).

SUPER STREAMING

Relive the action and the rich history of your favorite DC superheroes. Grab a byte of Big Bytes 799 or Big Bytes 299 to enjoy large data allocations for streaming movies on iflix. Log on to YouTube to watch trailers, behind-the-scenes specials, cast interviews, and vlogs for special easter eggs on the upcoming movie.

Must-Stream:

Batman v Superman Trailers and Behind-the-Scenes: Can't wait to witness the battle of the ages? Indulge the DC fan in you by logging on to YouTube to watch official trailers, interviews, and fan reaction videos. You need to prepare yourself for the big fight before hitting the battlefield.





Gotham: Watch Jim Gordon who is a rising detective in corrupt Gotham City, where his late father was a successful district attorney. Brave, honest, and determined to prove himself, Jim hopes to return the city to the glamorous, purer version he remembers as a child.

BYTE-SIZE SURPRISE

On a tight budget? Opt for Big Bytes 99 or Big Bytes 50 to enjoy surfing your favorite sites. Read up on Krypton and Gotham and perhaps a few fan fiction stories, as well.



Must-Surf:

Batman v Superman History: If you're new in the world of DC stories, better equip yourself with a brief Batman v Superman 101. There are lots of websites that are beyond happy to fill your curiosity with backstories, facts, and trivias.

Batman v Superman Comics: Wish you can reread their story again and again? Worry not, because you can. Go back to memory lane and purchase Batman v Superman via DC Comics that capture the most legendary clashes between the two!

Choose the BIG BYTE FOR YOU!



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4.5GB for all apps and sites + 1.1GB data allocation for the following apps:

- Spinnr w/ subscripion
- iFlix w/ 30-day pass
- Youtube
- Daily Motion
- Vimeo
- Dubsmash
- Skype Qik

All valid for 30 days for only P799!
Text BIG799 to 9999 to register.

BIGbytes 299

1.7GB for all apps and sites + 1.1GB data allocation for the following apps:

- Spinnr w/ subscripion
- iFlix w/ 30-day pass
- Youtube
- Daily Motion
- Vimeo
- Dubsmash
- Skype Qik

All valid for 30 days for only P299!
Text BIG299 to 9999 to register.

BIGbytes 99

200MB for all apps and sites + 1.1GB data allocation for the following apps:

- Spinnr w/ subscripion
- iFlix w/ 30-day pass
- Youtube
- Daily Motion
- Vimeo
- Dubsmash
- Skype Qik

All valid for 30 days for only P99!
Text BIG99 to 9999 to register.

BIGbytes 50

350MB for all apps and sites + 600MB data allocation for the following apps:

- Spinnr w/ subscripion
- iFlix w/ 30-day pass
- Youtube
- Daily Motion
- Vimeo
- Dubsmash
- Skype Qik

All valid for 3 days for only P50!
Text BIG50 to 9999 to register.



Good news, registration to any Big Bytes Packages entitles you to join the Batman V Superman Flyoff Promo. See next page for more details!

**Offers are subject to change without prior notice.*

#SMARTHEROES

#WhoWillWin

Guess what? YOU can win it! With Smart's amazing Batman v Superman promos, everyone gets a chance to experience pure Batman v Superman awesomeness this summer!

BATMAN V SUPERMAN FLYOFF EXPERIENCE

Ever wonder what it's like to explore far-away lands courtesy of your favorite superheroes? Wonder no more as Smart Big Bytes Packages give you a chance to fly off to Hong Kong or Tokyo and win cool Batman v Superman merchandise. Don't miss this once-in-a-lifetime chance to travel like a superhero!



JOINING IS SUPER SIMPLE. HERE'S HOW:

1 Here's the corresponding raffle entries for Big Bytes Packages, Prepaid SIM subscribers, and Postpaid Plans subscribers:

A. Subscribers will earn corresponding raffle entries when they subscribe to the following Big Bytes Packages:

PROMO OFFER	RAFFLE ENTRIES
BIGbytes 50	1
BIGbytes 99	2
BIGbytes 299	3
BIGbytes 799	4

B. Subscribers will earn corresponding raffle entries when they purchase a **Prepaid SIM:**



PREPAID SIMS	RAFFLE ENTRIES
Smart Prepaid SIM	1
Smart Bro Prepaid SIM	2
Smart Bro 4G or LTE Pocket Wi-Fi	3

C. Subscribers will earn corresponding raffle entries when they renew or apply for any of the following **Postpaid Plans:**

SMART POSTPAID / BRO PLANS	RAFFLE ENTRIES
Plan 499 to Plan 599	1
Plan 799 to Plan 1499	2
Smart Bro 4G or LTE Pocket Wi-Fi	3



2 To join the promo, Smart subscriber must text either TEAMBATMAN or TEAMSUPERMAN to 238. Each text will use up one (1) raffle entry.

3 Upon texting TEAMBATMAN or TEAMSUPERMAN, the subscribers will be notified via a seeded SMS reply if they won a prize, or if they must try again.



WHAT'S UP for Grabs?



- Team Superman: 3 days and 3 nights trip to Hong Kong with accommodations with Superman-themed activities.



- Team Batman: 3 days and 3 nights trip to Tokyo with accommodations with Batman-themed activities.
- Didn't win the Flyoff promo? You can still win Batman v Superman premium merchandise. We're talking about lanyards, digital watches, tablet sleeves, T-shirts, and more!
- Over 1,000 Batman v Superman items: Umbrellas with Bat Signal, Duffle Backpacks, Shirts, and Digital Watches.

*All queries regarding this promotional activity may be attended to by our toll-free 24/7 Hotline that may be reached by dialing *888 from any SMART postpaid or prepaid line.

#SMARTHEROES



The Funky Side
BATMAN V SUPERMAN

Are you a die-hard Batman, Superman, and Wonder Woman fan? And do you happen to love Funko Pop Toys, too? If your answer to both questions is a loud-and-proud 'yes!', then you need to have these Funko Pop Toys Batman v Superman Series in your life right now!

Let Batman invade your Batman collection with this Batman Funko Pop Toy.

Taking on Superman's side? Get this cute Superman Funko Pop Toy. And for all the Wonder Woman fans, you'll go crazy over this fabulous Wonder Woman Funko Pop Toy.

Get them first from Smart! All you need to do is apply or renew your Smart or Smart Bro Postpaid Plan starting from Plan 999 and up. The best thing is, you'll get them for free!





Complete Batman v Superman Funko Pop Toys Series!

Want to get the complete Batman v Superman Funko Pop Toys Collection? Batman, Knightmare Batman, Superman, Superman Solider, and Wonder Woman are available on the Online Store for only P595!

SPINNR

Amp Up the SUPERHERO IN YOU



We all have those moments when we just want to be superheroes—fly around the city and be indestructible like Superman or possess uber cool gadgets and drive an out-of-this-world automobile like Batman.

For moments when you choose to feel super, try listening to these songs from Spinnr and instantly feel amped up to take on the world and be your own superhero. No Batmobile or Kryptonite needed.

SPINNR

UNIVERSAL

MCA MUSIC INC.
UNIVERSAL MUSIC GROUP

1 LIVE TO RISE BY SOUNDGARDEN

Directed by Zack Snyder, which deviate from your usual slow-paced morning pick-me-upper and amplify your heroic senses a million fold with this rock song by American band, Soundgarden. Because like the sun, superheroes "live to rise."

2 BAD BLOOD BY TAYLOR SWIFT

Every superhero has a nemesis or a villain counterpart who just couldn't stop himself from causing chaos. And for that vengeful sensation unyielding to threats of terror, just listen to this Taylor Swift chart-topper. Tip: Watch the star-studded music video as well for more superhero inspiration!

3 SUPERHUMAN BY CHRIS BROWN FEAT. KERI HILSON

Albeit invincible, at the end of the day, superheroes are also humans who are vulnerable and who experience the bliss of romance. In fact, love is what makes us more Superhumans most of the time, as told in this old-school R&B favorite by Chris Brown and Keri Hilson. All these super songs and more are available on Spinnr!



4 CREATURE BY THE DUKE SPIRIT

A little afterdark mystery keeps a heroic story more interesting. Included in the Batman: Arkham City soundtrack, this Duke Spirit song leaves a haunting feeling like you're a creature thriving in the night like Batman.



5 FLIGHT BY HANS ZIMMER

Take a leap and ride the wind with this musical composition of Hans Zimmer, played during that incredibly majestic flying scene in the movie, "Man of Steel". This song will definitely take you to a glorious flight like Superman!

Go super with Spinnr! Visit spinnr.ph to discover more exciting offers and get exclusive invites to the latest and hottest music events here and abroad.



BATMAN v SUPERMAN

Whose side will you choose?



With more and more superhero films dominating the blockbuster sales worldwide, the bar has been consistently set higher and stories bolder for movies trying to follow suit, delivering a valiant attempt to wow the audience with something fresh yet very familiar.

Such is the case for two of probably the most well-loved and well-known superheroes in all-time history—Batman and Superman. With a plot that puts a dissonance between the "Dark Knight" and the "Man of Steel," whose justice will see the dawn of day?

Here are three reasons to get you excited with Batman v Superman: Dawn of Justice.







A POWERFUL PLOT

Directed by Zack Snyder, which happens to be the director of Man of Steel, the title itself screams why you should watch the movie: the brooding Batman and the god-like Superman in one action-packed story! Gotham City's own formidable vigilante is brought to a DC Comics universe ruled by the Metropolis' most revered modern-day savior. While the world tries to figure out what kind of hero it really needs, and while a warfare ironically heats up between the two peace-loving superheroes, a new menace ensues, threatening the safety of the entire human race. Will justice prevail or will the bout takes its toll on both Batman and Superman?

A FORMIDABLE CAST

The cast is as equally formidable as the premise of the plot, top-billed by Hollywood actors Henry Cavill, reprising his role as Superman, and Ben Affleck as Batman, who starred, directed and produced the Oscar Best Picture for 2012, Argo. Along with the two are other equally stellar artists like Gal Gadot as the fierce Amazonian that is Wonder Woman, Jesse Eisenberg as the supervillain Lex Luthor, and Amy Adams as Superman's love interest, Lois Lane. Rumored to complete the pack of heroes are Jason Momoa as Aquaman, Ray Fisher as Cyborg, and Ezra Miller as the Flash.

AN UNBELIEVABLE UNIVERSE

Which brings us to our third point: the film exists in an interconnected universe of DC Comics superheroes! How cool is that? With Batman being portrayed 10 times since 1943, and Superman, 16 times since 1939, this will be the first time that the two characters will share the screen with Wonder Woman's first live action theatrical film appearance (a.k.a. the Superhero Trinity). If that's not enough, this may also be the first time that Aquaman, the Flash, and Cyborg —who is rumored to be making his movie debut—appear in one film altogether. Batman v Superman: Dawn of Justice is pegged to open up the cinematic universe for DC Comics heroes so fans can expect more crossovers and collaboration in the future!

Showing in the Philippines on March 26, 2016, get ready for the year's most anticipated rivalry that will surely put you on the edge of your seats. Will Batman's awesome weapons and automobile prevail against Superman's seemingly indestructible stature, or will both succumb to their dooms? Whose side will you choose?

Choose a side and get the best Batman v Superman movie experience with Smart! Check out smart.com.ph for more #SmartHeroes promos!

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ENTERTAINMENT IN THE PALM OF YOUR HAND

Listening to music and watching movies are now easily accessible through your smartphone! Listen to the latest chart-topping albums while on the go with SPINNR and get updated on the latest episodes and movies on iflix. Sit back, relax, and indulge in fast and easy entertainment!

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Best of all, you get the amazing MyPhone my28S for a one-time payment of P888 only! The MyPhone my28S runs on the latest Android Lollipop OS that allows you to easily upload, browse, watch, and more—multitask all you want. Never run out of storage for your valuable photos and fun videos with a 4GB internal memory and even expand up to 32GB via microSD. Take clearer shots with its 5MP primary camera and more fun selfies with the 2MP front camera.



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Is your friend or loved one stuck in a sticky situation? With no data to call a friend for help? Don't worry, Smart's newest and biggest innovation—PasaData—is here to the rescue! Yes, you can finally share your data to a friend or loved one in need. Who knew this day would come, right? Anything is just possible with Smart!

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3. Wait for the confirmation text for you and your recipients, then you can start the online barkada fun!
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Pick Your Kind OF MOVIE DATE

Excited for the hottest movie this summer? Make your Batman v Superman: Dawn of Justice weekend super awesome by claiming these extra treats from Smart Rewards!

SMART REWARDS



Keyword: DRINK
Can't keep up with all the action happening on the screen? Take a sip from your free drink. Earn 60 points to redeem a Large (24oz) Snack Time drink.

Keyword: POPCORN
Complete your movie experience with a tub of Regular (70g) Butter-Flavored Snack Time Popcorn for only 65 points.

Keyword: 100OFF
On a budget but you totally want to watch the movie on its first week? Don't worry. For only 100 points, you get a P100 movie discount on 2D, 3D, or IMAX movie tickets at SM Cinemas. Coolness!

Keyword: 2D
Treat your movie buddy to this Batman v Superman madness with a 2D Movie Pass at SM Cinemas. You just need 230 points to wing it.

Keyword: 3D
If you want to feel like you're part of the action, then go and earn 350 points to get a 3D Movie Pass at SM Cinemas.

Keyword: IMAX
But if you're going for a larger-than-life experience, then you better get your hands on an IMAX Movie Pass at IMAX Theaters. You won't regret spending your 500 points on this.

Keyword: DCLUB
Your VIP movie experience starts with a Director's Club Movie Pass at SM Cinemas. Earn your 410 points now and watch your Batman v Superman: Dawn of Justice like a boss!

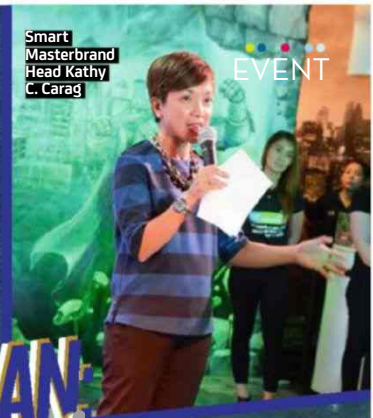
EARN POINTS AND REDEEM NOW!

1. To know your points, text POINTS to 9800.
2. To redeem, text REDEEM <keyword> to 9800.
3. The mobile code will be sent to your mobile phone.
4. To claim the redeemed item, present the mobile code received via SMS at SM Cinema or IMAX Theater counters (SM Supermalls nationwide).

* Each mobile code is unique and can only be used once.
* Redeemed mobile codes during the promo period are valid for claiming until May 15, 2016. Visit www.smart.com.ph/rewardsfor more info.

Promo runs until March 15, 2016. Per DTI-FTEB SPD Permit No. 0201, Series of 2016


Smart endorser and actress Jasmine Curtis with the Smart Postpaid Team


Smart Masterbrand Head Kathy C. Carag

BATMAN V SUPERMAN: Dawn of Justice Invasion

Superhero fans and comic book buffs are in for the best treats as Smart partnered with Warner Bros. Pictures to give subscribers the most awesome digital and real-life experiences inspired by the upcoming epic adventure *Batman v Superman: Dawn of Justice*, the most anticipated film of the year.





Warner Bros. Pictures Marketing Director Sionee Lagman

Heroes Experience at Jump Center

Smart gave subscribers a sneak peek of these one-of-a-kind experiences, as it took its digital correspondents on an exhilarating chopper ride and ferried them by a Batman v Superman-themed shuttle — all the way to the launch event at the Jump Center in Megamall.

For a complete Heroes experience, Smart also turned the Jump Center into a sprawling Gotham and Metropolis, featuring interactive activities for all subscribers to enjoy: Take your side and check out the real-time stats on the Batman v Superman barometer; pose beside Superman at the augmented reality photo booth with the Metropolis as your backdrop; and take a cool snap with Batman's 3D image in Gotham, among others.

The Batman v Superman Fever with Smart

"We are thrilled to partner with Warner Bros. Pictures as the official mobile partner on Batman v Superman: Dawn of Justice in the Philippines, which boosts our already extensive digital arsenal that is now coupled with larger-than-life treats that our subscribers can get a chance to experience every time they subscribe to our data offers like Big Bytes 50," said Ariel P. Fermin, Executive Vice President and Consumer Business Head at PLDT and Smart.

Register to Big Bytes offers and text TEAMBATMAN or TEAMSUPERMAN to 238 to get a chance to win the ultimate Heroes experience.

ARE YOU READY TO CHOOSE WHOSE SIDE YOU'RE IN?

BATMAN v SUPERMAN

DAWN OF JUSTICE™



REGISTER FOR A CHANCE TO WIN THE ULTIMATE
BATMAN v SUPERMAN: DAWN OF JUSTICE
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MARCH 26, 2016 | SEE IT IN 3D

Promo valid April 30, 2016. Php 0.15 / 1 MB. BIR Permit No. 0668. Series of 2016. See flyers for complete details.

52 WEEKENDS IN SINGAPORE



a guide to every weekend in 2016

+

UP DHARMA DOWN AT GARDENS BY THE BAY

YourSingapore

JANUARY



SINGAPORE ART WEEK

The pinnacle event in any art lover's calendar, Singapore Art Week celebrates the visual arts through a series of art fairs, gallery openings, extended museum hours, special exhibitions, and so much more!

FEBRUARY



CHINESE NEW YEAR

Chinese New Year is an auspicious time in Singapore. Chinatown glows red and gold as the streets are lit, and fantastic displays decorate the River Hongbao, with plenty of festive treats and games that are fun for all. Soon after, Singapore's cultural diversity is celebrated at the annual Chingay Parade!

MARCH



THE GREAT EGG-VENTURE

As Easter rolls around, rally the family and embark on an Easter egg hunt unlike any other at The Great Egg-Venture. One hundred giant, hand-painted eggs have been hidden in and around HarbourFront and Sentosa. Find them all and stand to win great prizes!

APRIL



SINGAPORE RUGBY SEVENS

The highly anticipated sporing event of the year, the inaugural HSBC Singapore Rugby Sevens happens this month. Visiting international rugby squads will battle it out, seven players a side, in a bid to be this year's champion!

MAY



SINGAPORE'S MEGA FASHION EVENTS

Cultivating Singapore's status as the next 'fashion capital', a slew of stylish events take place in May including Fashion Steps Out @ Orchard and the start of the Great Singapore Sale season!

JUNE



SENTOSA FUNFEST!

Sentosa, the 'State of Fun' embraces the start of summer with Sentosa FunFest! Siloso Beach will be filled with gigantic inflatable waterslides, a massive obstacle course and even an inflatable maze, perfect for both the young and the young at heart!

JULY



SINGAPORE FOOD FESTIVAL

Build a belly at the Singapore Food Festival! The perfect opportunity to understand why Singapore is so fiercely proud of its reputation as the ultimate foodie nation, this festival sees hawker heroes and local celebrity chefs alike put their own spin on national dishes.

AUGUST



SINGAPORE NIGHT FESTIVAL

Enter the art world in the city that never sleeps during the Singapore Night Festival. The island's top museums and art galleries extend their opening hours and the art heritage district of Bras Basah-Bugis comes alive with plenty of fringe events and activities.

SEPTEMBER



GRAND PRIX SEASON SINGAPORE

Motors will rev and engines will roar at the Formula 1 Singapore Airlines Singapore Grand Prix. Hosing the world's original night race, the streets will light up as the world's fastest drivers race to the chequered flag!

OCTOBER



WTA FINALS SINGAPORE

The WTA Finals promises a 10-day sports entertainment experience, where the world's top eight women singles and doubles players compete in a round robin competion for the season-ending title. Will the 2015 champion, Agnieszka Radwanska, be able to defend her title in 2016? There's only one way to find out!

NOVEMBER



SINGAPORE BIENNALE

The Singapore Art Museum's biggest contemporary arts event to date, the Singapore Biennale showcases the dynamics of various art practices from all around the world. Visitors can look forward to many thought-provoking and inspiring talks and workshops with influential artists.

DECEMBER



FESTIVE LIGHT-UPS

As Christmas arrives, Gardens by the Bay evolves into a Christmas Wonderland. Be dazzled by the annual Luminarie light sculptures, before venturing into the Christmas village. Then, end the year with a bang at the Marina Bay Singapore Countdown 2017 with its epic firework displays... or dance until the sun comes up at the always epic Siloso Beach Party!

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3 DAYS OF LEAVE. 9 LONG WEEKENDS. 31 DAYS VACATIONING

2016 LONG WEEKENDS

DEC-JAN

FRI	SAT	SUN
30	31	1

JAN

FRI	SAT	SUN
1	2	3

FEB

SAT	SUN	MON
6	7	8
THU	FRI	SAT
25	26	27
SUN		
28		

MAR

THU	FRI	SAT	SUN
24	25	26	27

JUL

THU	FRI	SAT	SUN
7	8	9	10

AUG

SAT	SUN	MON
27	28	29

SEP

SAT	SUN	MON
10	11	12

OCT-NOV

SAT	SUN	MON	TUE
29	30	31	1

YourSingapore

Leave

Public Holiday

*Subject to change.

p.03 JANUARY
p.07 FEBRUARY
p.11 MARCH
p.15 APRIL
p.19 MAY
p.24 JUNE
p.28 JULY
p.33 AUGUST
p.37 SEPTEMBER
p.41 OCTOBER
p.46 NOVEMBER
p.50 DECEMBER



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www.nowsingapore.co.id



DELICIOUS EATS

Follow your nose and discover Little India dining insitutions, where you can sample cuisine from all around India. Order a large portion of fragrant thosai masala and other vegetarian fare at Komala Villas (12 Bufalo Road) but if you can't pass up the protein, head to Mustard (32 Race Course Road) for plenty of Punjabi and Bengali favourites.

Nearest MRT Station: Little India

PONGAL FESTIVAL

Celebrate the Tamil Harvest or Pongal Festival in the colourful surrounds of Little India, where thanksgiving rituals will take place. Be sure to sample the customary pongal dish too – a sweet or savoury rice, milk and cardamom pudding cooked in a clay pot and typically served on a banana leaf.

January 8 – 17, 2016, Little India precinct, littleindia.com.sg

Nearest MRT Station: Little India





LATE-NIGHT SHOPPING AT MUSTAFA

Late night shopping hits a whole new level at Mustafa Centre (146 Syed Alwi Road). This 24-hour shopper's dream sells just about everything, from home décor to technology, jewellery and even groceries!

Nearest MRT Station: Farrer Park



ALIWAL URBAN ART FEST

Head to the streets of Kampong Glam for Aliwal Urban Art Fest, as the creative centre hosts an evening of workshops, live musical performances, live graffiti demonstrations, and an art exhibition that explores the theme of youth rebellion through skate culture.

January 16, 2016, Aliwal Arts Centre, 28 Aliwal Street, aliwalartscentre.sg
Nearest MRT Station: Bugis

DELICIOUS EATS

Café by day and restaurant by night, Symmetry (9 Jalan Kubor) is a great stop for tasty modern cuisine. If you're a sweet-tooth looking for a snack, head to Fluff Bakery (4 Jalan Pisang), where their weekly rotating menu of cupcakes are baked fresh and are as fluffy as their name suggests!

Nearest MRT Station: Bugis



ARTWALK LITTLE INDIA

Don't step out of the art world just yet. Take part in a walking tour of a different kind with ARTWALK Little India, where you will explore various visual art installations, listen to musical performances and even watch a film screening over the course of an evening.

January 17 – 21, 2016, Staring point: 665 Bufalo Road, lasalle.edu.sg
Nearest MRT Station: Little India

Back in 2013, famed British chef Gordon Ramsay was defeated in a laksa and chicken rice cook-off by local hawker chefs, according to a popular vote. Yet, his chilli crab is rumoured to be better than the original...



ART STAGE SINGAPORE

Don't miss out on Singapore Art Week's pinnacle event, Art Stage Singapore, where the best of contemporary Asian and international art from galleries all around the world fills every corner of the Marina Bay Sands Expo and Convention Centre.

January 21 – 24, 2016, Marina Bay Sands Expo and Convenion Centre, artstagesingapore.com

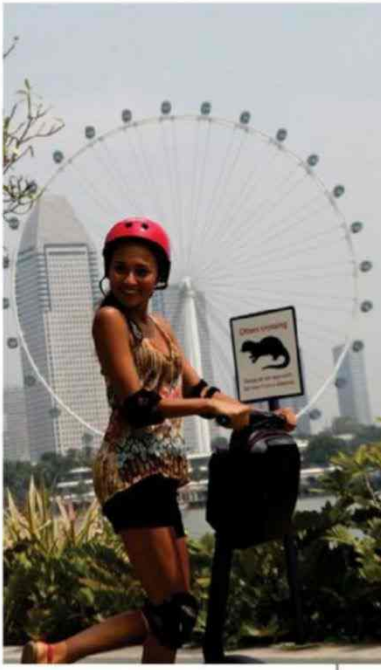
Nearest MRT Station: Bayfront

DELICIOUS EATS

At The Shoppes at Marina Bay Sands (10 Bayfront Avenue), culinary genius lies around every corner. Head to Rasapura Masters for all your hawker centre favourites, get great British grub at Gordon Ramsay's Bread Street Kitchen or get a solid kick of spice at David Thompson's Thai restaurant, Long Chim.

Nearest MRT Station: Bayfront





EXPLORE THE BAY ON A SEGWAY

Enjoy the highlights of Sentosa in Singapore effortlessly on a Segway® with Segway Tours Singapore. Expect Kodak moments aplenty as you glide around the island's iconic Merlion and sunny beaches, from Siloso, Palawan to Tanjong Beach!

Segway Tours Singapore, Beach Station Sentosa or Siloso Beach Sentosa, segwaytours.com.sg.

Nearest MRT Station: Harbourfront



DELICIOUS EATS

Pay a visit to Satay By The Bay (#01-19 Marina Gardens Drive) and feast on a dizzying array of local dishes. There are eight pushcarts serving up satay (grilled meat skewers), as well as plenty of other stalls serving favourites like barbecued chicken wings, popiah (vegetable spring roll) and of course, chicken rice!

Nearest MRT Station: Bayfront

ST. JEROME'S LANEWAY FESTIVAL

Catch international and local indie bands as they perform live at St. Jerome's Laneway Festival at The Meadows, Gardens by the Bay. Expect a stellar line-up of acts, including Flume, Chvrches, East India Youth and The 1975.

January 30, 2016, The Meadows at Gardens by the Bay, Singapore. lanewayfestival.com

Nearest MRT Station: Bayfront

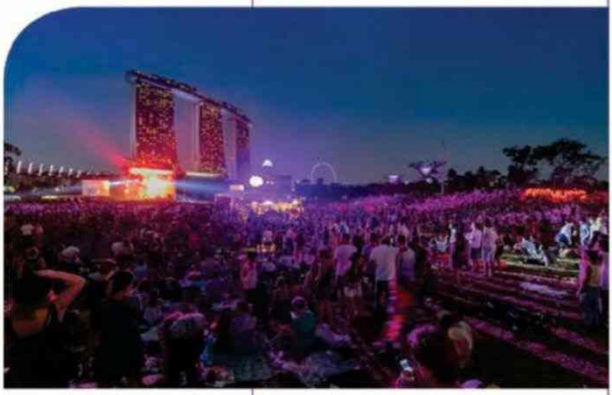


SMBC SINGAPORE OPEN

Don't miss one of Asia's premier golf tournaments, the SMBC Singapore Open as it takes over Sentosa Golf Club. Alter a three-year absence, the event returns larger than ever with world-class golfers teeing of at the award-winning Serapong Course.

January 28 – 31, 2016, Sentosa Golf Club, 27 Bukit Manis Road, smbcsingaporeopen.com

Nearest MRT Station: HarbourFront





GONG S.E.A. FA CAI

You may have seen the Lunar New Year dragon dance before, but have you ever seen the sea dragon dance? S.E.A. Aquarium™ is celebrating Chinese Lunar New Year with special underwater performances and handicraft stations throughout the festive season. Peer inside the enormous habitats and the walk-through aquarium, inhabited by over 800 species of marine life.

January 23 – February 22, 2016, S.E.A. Aquarium™, Resorts World Sentosa, rwsentosa.com/SEAA/GongSEAFaCai

Nearest MRT Station: HarbourFront



CHINESE NEW YEAR LIGHT UP

What better place to celebrate the Year of the Monkey than in the heart of Chinatown? Kick of the evening festivities with a bit of razzle-dazzle as the streets begin to glow with this year's Chinatown Chinese New Year Light Up. Be sure to snap a shot and use the special hashtags to encourage more lanterns to light up and change colour!

January 16 – March 8, 2016, Eu Tong Sen Street, North Bridge and New Bridge Road.

DELICIOUS EATS

Touted as being the best chicken rice dish on the island (impressing even Gordon Ramsay), Tian Tian Hainanese Chicken Rice at Maxwell Food Centre near Chinatown (1 Kadayanallur Street) is definitely worth a try! Craving something else but not sure where to get the best? Trust the people's vote and join the longest line!

Nearest MRT Station: Tanjong Pagar



PHOTO BY ANDREW TAN



ART MEETS PHYSICS

Don't miss the ArtScience Museum's Collider: The World's Greatest Experiment exhibit. Spread over eight zones, you will learn about the history of the Higgs boson, peek inside the Hadron Collider and understand complex physical principles through the medium of modern art.

Until 14 February, 2016, ArtScience Museum, 6 Bayfront Avenue, marinabaysands.com/ticketing
Nearest MRT Staion: Bayfront

DELICIOUS EATS

The grand dame of hawker centres in Singapore, Lau Pa Sat (18 Raffles Quay) boasts a heady mix of local and international cuisine within its striking colonial structure. As the sun sets, a 'satay street' of sorts comes to life outdoors, as countless stalls grill their signature meat skewers in a variety of different styles from 7pm onwards. Best enjoyed with a cold beer or fresh mug of fresh sugar cane juice, it is definitely a novel dining experience.

Nearest MRT Station: Telok Ayer

RIVER HONGBAO

Continue the Lunar New Year festivities at the River Hongbao. Since its start back in 1986, this highly anticipated event showcases the wonderful world of Chinese culture every year, through art, giant lantern displays and delicious food!

February 6 – 14, 2016, Marina Bay Floating Platform, riverhongbao.com.sg
Nearest MRT Station: Promenade



FEBRUARY 12 – 14



DELICIOUS EATS

Savour epicurean genius at JAAN, a fine-dining restaurant that has achieved global recognition and has been ranked #74 in The World's Best Restaurants List 2015.

Nearest MRT Station: City Hall

CHINGAY PARADE

Don't miss the flamboyant annual street festival, the Chingay Parade! Not only is it the largest float parade in Asia but it also presents Singapore as the cultural mosaic that it is.

February 19 – 20, 2016, F1 Pit Building, 1 Republic Boulevard, chingay.org.sg

Nearest MRT Station: Promenade



SINGAPORE AIRSHOW

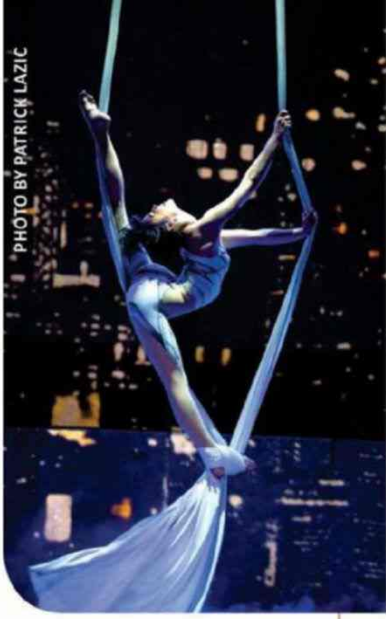
Watch mind-blowing aerial acrobatic stunts by Singapore Air Force's Black Knights and others as they soar, spin and roll through the sky at incredible speeds during the Singapore Airshow. There will also be static aircraft displays and 'meet the pilot' opportunities, making it an exciting day for all!

February 20 – 21, 2016, Changi Exhibition Centre, 9 Aviation Park Road, singaporeairshow.com

Nearest MRT Station: Singapore Expo







SAFARI ZOO RUN

Go wild at Singapore Zoo and take part in the Safari Zoo Run, a family-friendly fun run with distances spanning 2.5km, 5km, and 10km trails. The race welcomes children as young as 4.

February 27 – 28, 2016, Singapore Zoo, 80 Mandai Lake Road, safarizoo.run

Nearest MRT Station: Choa Chu Kang and connecting bus service 927

DELICIOUS EATS

Head to Thomson Road on your way back into central Singapore and grab a bite at Pacamara Boutique Coffee Roasters (185 Thomson Road). While renowned for their great coffee, they serve great grub too! Think: super-healthy Super Grain Salads, creamy Ocean Mac and Cheese, and a wonderful Duck Confit Hash!

Nearest MRT Station: Novena

CIRQUE ELOIZE

Taking over the MasterCard Theatres at Marina Bay Sands is Canadian circus troupe, Cirque Éloize. Performing their show iD, this contemporary urban circus will stun audiences with death-defying acrobatics and a dramatic musical score that will keep you on the edge of your seat!

February 26 – March 6, 2016, MasterCard Theatres, Marina Bay Sands, 10 Bayfront Avenue, marinabaysands.com/ticketing

Nearest MRT Station: Bayfront





HSBC WOMEN'S CHAMPIONS

One of the most popular events on the LPGA Tour, the world-class SBC Women's Champions returns bigger than ever this year with a four-day festival of golf, food and music, headlined by a one-night only concert by Take That!

larch 3 – 6, 2016, Sentosa Golf Club, 27 Bukit Manis Road, hsbcgolf.com/womens
Nearest MRT Station: HarbourFront



DELICIOUS EATS

Spread out on a day bed at Tanjong Beach Club (Tanjong Beach, Sentosa) and tuck into a luncheon by the beachside. Order their signature TBC Seafood Platter with a side order of Truffle Fries while the kids tuck into Fish & Chips or the juicy Tanjong Junior burger!

Nearest MRT Station: HarbourFront



SINGJAZZ

Move and sway to music with plenty of soul at the International Jazz Festival of Singapore, with its snazzy line-up of 12 acts, which include Joss Stone, Taylor McFerrin and Incognito.

March 4 – 6, 2016, Event Plaza at Marina Bay Sands, 10 Bayfront Avenue, sing-jazz.com
Nearest MRT Station: Bayfront

MARCH 4-6



DELICIOUS EATS

Go slightly of the beaten track and head to Kilo Kallang (#02-01, 66 Kampong Bugis), a trendy evening spot in a revived storage warehouse. Cool vibes, clever cocktails and delicious food, it's the perfect spot to get your night started.

Nearest MRT Station: Lavender

STAR WARS AND BEYOND

Listen to the soundtracks of all your favourite movie epics live in concert at Marina Bay Sands! John Williams's iconic musical scores from cinema classics like Star Wars, E.T., Jurassic Park, Harry Potter and much more will be played alongside an incredible light and laser display.

Opens March 11, 2016, Marina Bay Sands, 10 Bayfront Avenue, marinabaysands.com/ticketing

Nearest MRT Station: Bayfront

SUPER RUGBY GAMES

In the build up to the Singapore Rugby Sevens, catch the Super Rugby Games for the first time in Singapore. Southern hemisphere rugby teams will battle head to head in a bid to become the 2016 Sanzar Super Rugby Champions!

March 12, 2016, Singapore National Stadium, 1 Stadium Drive, sanzarrugby.com/superrugby

Nearest MRT Station: Stadium



In 2015, Singapore was featured not once but ten times in the top 50 of Asia's Best Restaurants 2015, with three qualifying in the top 100 of the World's Best Restaurants by Acqua Panna and San Pellegrino - Restaurant Andre, Waku Ghin and JAAN.



DELICIOUS EATS

Line your stomach at cocktail bar cum restaurant, Sugarhall (102 Amoy Street) – a steakhouse with a rum collection so vast; it would leave the hardest of drinkers reeling!

Nearest MRT Station: Telok Ayer



SINGAPORE DESIGN WEEK

Local and international showcases, exhibitions, workshops and enough design candy to fill a Pinterest board, Singapore Design Week raises awareness of the power of truly good design. Follow one of the Design Trails to get a first-hand view of how innovative design has inspired the Singapore landscape.

March 8 – 20, 2016, National Design Centre, 111 Middle Road, designsingapore.org/SDW

Nearest MRT Station: Bugis

SINGAPORE COCKTAIL WEEK

It's 5 o'clock somewhere! The second edition of Singapore Cocktail Week reaches its climax this weekend, with the nation's (and some of the world's) top bars shaking up powerful drinks to get you buzzed. Expect cocktail crawls, masterclasses and pop-up bars galore.

March 12 – 19, 2016 various venues, singaporecocktailweek.com





THE GREAT EGG-VENTURE

Hop on down to Sentosa HarbourFront with your family and enjoy a variety of Easter events and activities throughout the area!

March 12 – 17 April, 2016, Sentosa-HarbourFront area, shba.org.sg

Nearest MRT Station: HarbourFront

DELICIOUS EATS

Dig into a tasty Easter brunch at one of the many restaurants on Sentosa Cove's Quayside Isle. Get a taste for modern French at Saint Pierre, scrambled eggs galore at Kith Café or cheesy pizza at Picotin Express!

Nearest MRT Station: HarbourFront

EASTER AT RESORTS WORLD™ SENTOSA

Universal Studios Singapore™ is getting in on all the egg-citing action with an extra special Easter Eggstravaganza of their own! In fact, both Universal Studios Singapore and S.E.A. Aquarium™ will be putting on a series of special themed shows with eggs-tra special characters!

March 7 – April 17, 2016, Resorts World Sentosa, rwsentosa.com

Nearest MRT Station: HarbourFront



iLIGHT MARINA BAY FESTIVAL

See Singapore's skyscrapers in a way you've never seen them before as iLight Marina Bay Festival projects eco-friendly, artistic light displays and installations along the waterfront.

March 4 – 27, 2016, Marina Bay Waterfront, ilightmarinabay.sg

Nearest MRT Station: Bayfront



JOIN THE BREAKFAST CLUB

Leave your table manners at the door and let your instincts take over at Jungle Breakfast with Wildlife at Singapore Zoo (80 Mandai Lake Road)! Share a banana with an orangutan and grab a selfie with apes and other critters, as you dig into a breakfast buffet spread it for the true kings of the jungle.

Nearest MRT Station: Choa Chu Kang and connecting bus service 927

DELICIOUS EATS

Its local cuisine 2.0 at Labyrinth (#02-23 Esplanade Mall, 8 Raffles Avenue), a mod-Sin restaurant offering creative takes on culinary classics. Think: chilli crab ice cream, 'Hainanese chicken rice' mousseline and plenty more in one of Chef Han's tasting menus!

Nearest MRT Station: Esplanade

BLUE MAN GROUP

Blue Man Group performs in Singapore for the very first time, bringing their visually spectacular musical performance to Marina Bay Sands. The live band, equipped with instruments and over 30 litres of paint and 55 bananas, is guaranteed to get up to plenty of mischief... so don't miss out!

March 29 – April 10, 2016, MasterCard Theatres at Marina Bay Sands, 10 Bayfront Avenue, marinabaysands.com/ickeing

Nearest MRT Station: Bayfront





WORLD GOURMET SUMMIT

Easily the most highly anticipated annual event in every foodie's calendar, the World Gourmet Summit welcomes renowned chefs and sommeliers from the world's best restaurants to share their wisdom through a series of masterclasses, workshops and pairing dinners!

March 28 – April 16, 2016. Various venues, worldgourmetsummit.com

DELICIOUS EATS

Awarded the title of Rising Chef of the Year at the 2015 World Gourmet Summit, Bryan Chia of Morsels (35 Mayo Street) is definitely a man to watch. His restaurant, which he runs alongside his partner Petrina Loh, is known for its juxtaposition of local flavours with culinary classics like in their popular grilled octopus and squid ink risotto with salted egg sauce.

Nearest MRT Station: Rochor

TULIPMANIA

Step into a magical land as Gardens By The Bay presents its fourth annual edition of Tulipmania, where an incredible number of tulip varieties will be displayed in the Flower Dome for a limited period.

April 8 – May 22, 2016, The Flower Dome at Gardens by the Bay, 18 Marina Gardens Drive, gardensbythebay.com.sg

Nearest MRT Station: Bayfront





HSBC SINGAPORE RUGBY SEVENS

The much-awaited HSBC Singapore Rugby Sevens kicks of this weekend, where 16 teams from around the world compete for the coveted title. Will Fiji defend last year's win or will the ever-powerful New Zealand reclaim their status at the top of the leader board?

April 16 – 17, 2016. Singapore National Stadium, 1 Stadium Drive, singapore7s.sg

Nearest MRT Station: Stadium

DELICIOUS EATS

Keep the beer flowing at nearby microbrewery and restaurant, Brewerkz (#01-06/07/K1 Singapore Indoor Stadium 2 Stadium Walk), or really get your hands greasy at Louisi-Asian seafood boil, Crab in da Bag (#02-05 Water Sports Centre, 8 Stadium Walk)!

Nearest MRT Station: Stadium



INSIDE SINGAPORE'S DURIAN

While many come to the Esplanade – Theatres on the Bay (1 Esplanade Drive) to catch a show, not as many truly know the story behind "the Durian". Embark on the Esplanade Tour to get the inside scoop on its architecture and how this impressive facility is run, both backstage and front of house.

Nearest MRT Station: Esplanade





AFFORDABLE ART FAIR

Add some colour to your walls by making a purchase or two at the Afgordable Art Fair. Whether you're an art aficionado or a total newbie, it's a great event to get in touch with your creative side!

April 22 – 24, 2016. F1 Pit Building, 1 Republic Boulevard, affordablearfair.com/singapore

Nearest MRT Station: Promenade

DELICIOUS EATS

Get a taste of Spain by indulging in Catalunya's (82 Collyer Quay Singapore) weekend brunch, where the restaurant evolves into a buffet spread of cheeses, charcuterie and fish with paella and suckling pig served straight to your table!

Nearest MRT Station: Raffles Place

REVEL ON A ROOFTOP CARKPARK

Trade the swanky rooftop bars with a more chilled night out at Lepark on the People's Park Complex car park rooftop. Inspired by the Malay word 'lepak' (meaning to relax or laze around), it's a great place to chill out when in the heart of Chinatown. The massive space also hosts plenty of regular events from live music performances, rooftop parties and even a yoga festival.

Nearest MRT Station: Chinatown







SENTOSA UKULELE FESTIVAL

Sprawl out on the beach and cast your mind adrift as you listen to local and internaitonal ukulele performers strum through the day at the Sentosa Ukulele Festival.

30 April – May 1, 2016. Palawan Beach Sentosa, sentosa.com.sg
Nearest MRT Station: HarbourFront

DELICIOUS EATS

If you don't fancy the food at the festival, head to Coastes (50 Siloso Beach Walk), a casual beach shack café with decent grub!

Nearest MRT Station: HarbourFront



SHAKESPEARE IN THE PARK

This isn't your usual evening at the theatre! Singapore Repertory Theatre's latest edition of Shakespeare in the Park performs the classic tragic romance, Romeo and Juliet, in the open air of Fort Canning Park. So grab a blanket and have a romantic picnic under the stars while the drama unfolds on stage.

From 27 April 2016, Fort Canning Park, Canning Rise, srt.com.sg
Nearest MRT Station: Dhoby Ghaut



PLAY WITH DRAGONS

Step back in time and have some retro fun at the Dragon Playground (28 Lorong 6 Toa Payoh), one of Singapore's oldest playgrounds. It features wonderful dragon head structures that are decorated with colourful terrazzo tiles, as well as a much-loved slide and swing set.

Nearest MRT Station: Toa Payoh



DELICIOUS EATS

Get your hands dirty at Mellben Seafood (#01-11/15, Block 211 Toa Payoh Lorong 8) as you chow down on the various crab dishes at this local-approved zi char (Chinese homestyle cooking) restaurant. If you have already tried Singapore's famous chilli crab, then opt for the claypot crab vermicelli soup – a thick, milky broth, flavoured with a sweet crab essence. The buttery Golden Sands Crab, doused in salted egg sauce, is also terrific.

Nearest MRT Station: Braddell

FASHION STEPS OUT

Fashion Steps Out consists of a flurry of events including the Orchard Fashion Runway, where the popular shopping street is converted to a (very) long runway! See a look you like? All outfits are available for purchase in Orchard Road stores.

April 1 – May 15, 2016. Various venues, orchardroad.org/fso

Nearest MRT Station: Orchard



MAY 6 - 8



UP DHARMA DOWN

"What we appreciated most about this trip [to Singapore] was the balance of activities we had. We had our share of high-octane fun, relaxing strolls and chill nights just hanging out with one another."



SINGAPORE CITY GALLERY TOUR

Step inside the Urban Redevelopment Authority (45 Maxwell Road) and get an in-depth insight into how the nation's landscape has evolved and transitioned since humble beginnings 50 years ago. Sick around for one of the Light and Sound shows that occur hourly too!

Nearest MRT Station: Tanjong Pagar



DELICIOUS EATS

Explore the historic CHIJMES dining enclave and pick from one of its many restaurants. For refined Mexican food that far surpasses your typical taco joint, head to El Mero Mero. Fancy a drink? Head to the Highlander for drams of premium Scottish whisky!

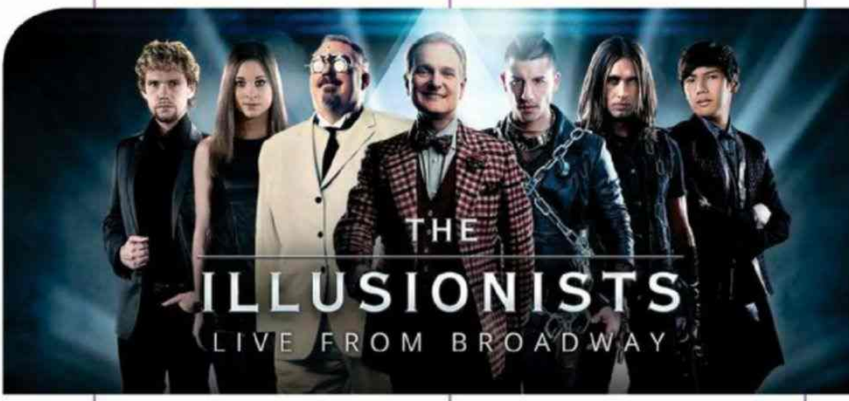
Nearest MRT Station: City Hall

THE ILLUSIONISTS

It's not just your eyes that will be playing tricks on you at this magical performance. World famous magicians will enchant audiences through a series of death-defying illusions and never-before-seen tricks.

May 6 – 15, 2016, MasterCard Theatres at Marina Bay Sands, 10 Bayfront Avenue, marinabaysands.com/ticketing

Nearest MRT Station: Bayfront







BREAKFAST WITH ELMO

Ever wondered what Cookie Monster and Elmo eat for breakfast? Join the Sesame Street Character Breakfast in Universal Studios Singapore (Resorts World Sentosa) and share a tasty spread of morning delights. Don't leave without a big warm hug and be sure to snap plenty of photos for the family album!

Nearest MRT Station: HarbourFront

DELICIOUS EATS

Get a taste of the Big Apple at Sacha & Sons (#03-02 Mandarin Gallery, 333A Orchard Road), Singapore's closest thing to an authentic New York delicatessen! Expect juicy, smoked pastrami, matzo balls, and tasty bagels worthy of writing home about.

Nearest MRT Station: Somerset

ARTEASTIQ EXPRESSION

Get in touch with your artisic side at Arteastiq (#04-14/15 Mandarin Gallery, 333A Orchard Road). Spend the afternoon sipping tea and get creative with the café's Art Jam sessions, where you get to express yourself with paint on canvas.

Nearest MRT Station: Somerset





PICNIC IN A PARK

Pack a picnic and take a stroll through the beautiful surrounds of the Singapore Botanic **Gardens (1 Cluny Road). Recently** honoured as a UNESCO World Heritage Site, it often plays host to free live musical performances and is also home to the National Orchid Garden.

Nearest MRT Station: Botanic Gardens



DELICIOUS EATS

Halia Restaurant (Ginger Garden, Singapore Botanic Gardens) is a light and airy space serving wonderful Asian fusion brunch dishes that are well suited for the whole family. Otherwise, explore the world of Gastro-Botanica cuisine at Corner House, a romantic restaurant residing in the Gardens' E J H Corner House.

Nearest MRT Station: Botanic Gardens

OSIM SUNDOWN MARATHON

Lace up your running shoes and embark on the Osim Sundown Marathon! The largest night running fesival ofers races of varying distances (5km, 10km, half- and full-marathons), designed to suit the pros as well as budding athletes.

May 28, 2016, F1 Pit Building, 1 Republic Boulevard, sundownmarathon.com

Nearest MRT Station: Promenade



MAY 27 - 29



UNIQUE LOCAL HAUNTS

For a sobering experience, pay a visit to Haw Par Villa (262 Pasir Panjang Road). This theme park is decorated with scenes from Chinese folklore that would make R.L. Sine's Goosebumps sound like a bedtime story. Scared to go alone? Sign up for the Cultured Leopard, Rising Tiger Finding Your Tao in Haw Par Villa tour with Journeys (journeys.com.sg)!

Nearest MRT Station: Haw Par Villa

DELICIOUS EATS

Treat yourself to a yummy meal at Paddy Hills (38 South Buona Vista Road). If you happen to be here for brunch, be sure to order their Berry Ricotta Hotcakes that have an islandwide reputation for being so "instagrammable"!

Nearest MRT Station: Haw Par Villa

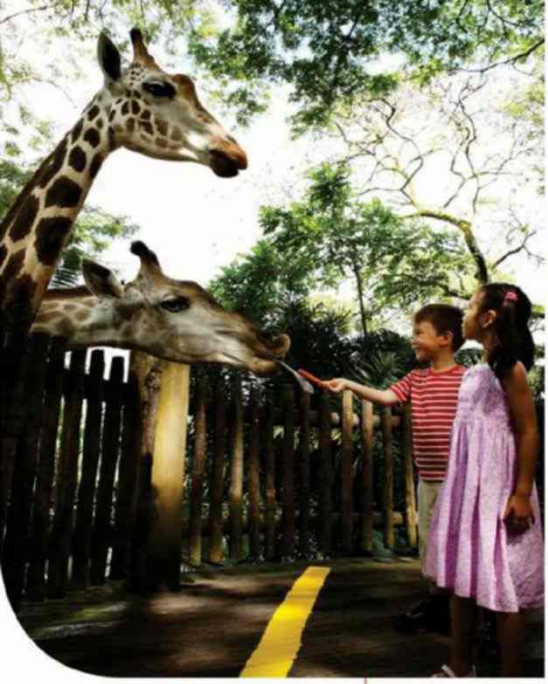
SENTOSA FUNFEST

Have plenty of fun in the sun at Sentosa's FUNFest, as a massive Inflatable Beach Festival takes over Siloso Beach. A perfect event for the school holidays, kids will get to navigate their way through an inflatable maze and obstacle course while you cool of from the intense heat with a cool drink!

May 28 – June 12, 2016, Siloso Beach Sentosa, sentosa.com.sg

Nearest MRT Station: Harbourfront



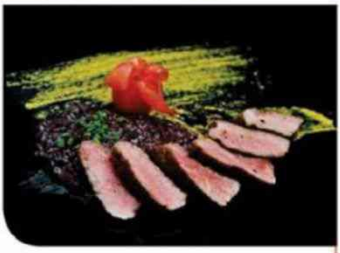




SLEEP WITH THE BEASTS

Sleep under the stars at the Singapore Zoo (80 Mandai Lake Road) and learn all about what goes on behind the scenes of this incredible wildlife park after-hours on the Sleep with the Beasts summer-holiday programme. Don't fancy spending the night? Volunteer the kids to be a Junior Zoo Keeper or sign them up for the Zoo Explorer Camp, which both reveal what it takes to be a zookeeper.

Nearest MRT Station: Choa Chu Kang and connecting bus service 927



DELICIOUS EATS

How much do you really trust your own taste buds? At Nox Dine In The Dark (269 Beach Road), your senses are put to the test as you dine in total darkness! You will also be served by blind or visually-impaired staff who will guide you throughout the sensual experience.

Nearest MRT Station: Bugis

LIVE LOCAL MUSIC

When it comes to Singapore's burgeoning live music scene, Timbré has stolen the spotlight as it hosts live performances by great local artists, every night at three venues: The Arts House (1 Old Parliament Lane), The Substation (45 Armenian Street) and Gillman Barracks (9 Lock Road).



BEERFEST ASIA 2016

Beerfest Asia sees well over 400 types of international beer pouring over four days. Order yourself a few pints, then laugh until your beer-belly aches to stand-up comedy, bop away to the live music performances by international tribute bands and take part in plenty of fringe events!

June 16 – 19, 2016 Marina Promenade, beerfestasia.com

Nearest MRT Station: Promenade

DELICIOUS EATS

Serving up fantastic French fare in the heart of the city is Brasserie Gavroche (66 Tras Street). Expect traditional fare like Angus beef tartare, salade niçoise and foie gras terrine in a wonderfully rustic setting. For more affordable French, step into Café & Bar Gavroche (69 Tras Street) next door, for delicious tartines, charcuterie, and cheese platters.

Nearest MRT Station: Tanjong Pagar

LES MISÉRABLES

Cameron Mackintosh's highly acclaimed musical production of Les Misérables – a classic tale of heartbreak, passion and human resilience in 19th century France – is sure to bring tears to your eyes.

May 31 – June 26, 2016, Esplanade Theatre, 1 Esplanade Drive, esplanade.com

Nearest MRT Station: Esplanade



JUNE 17 - 19



LEE KONG CHIAN NATURAL HISTORY MUSEUM

Venture out west to Lee Kong Chian's Natural History Museum (National University of Singapore, 2 Conservatory Drive). This enigmatic space features 16 thematic zones spanning plants, dinosaurs and everything in between, making for a fantastic and educational day out!

Nearest MRT Station: Kent Ridge



DELICIOUS EATS

Singaporeans certainly love their seafood, and this is especially true for crab! For a great spot, go where the locals go and enjoy the freshest catch at Master Crab Seafood Restaurant (#01-229, 19 Ghim Moh Road). This open-air coffee shop-style outlet serves up plenty of crab creations, from the iconic chilli crab to other classics like crab bee hoon (vermicelli rice noodles) and salted egg crab!

Nearest MRT Station: Buona Vista

SHREK: THE MUSICAL

Everyone's favourite ogre and his loveable steed, Donkey, are stepping of the cinema screen and onto the theatre stage! The smash-hit musical rendition is suitable for all ages and perfect for a summer holiday evening out.

Opens June 2016, MasterCard Theatres, Marina Bay Sands, 10 Bayfront Avenue, marinabaysands.com/ticketing

Nearest MRT Station: Bayfront



EXPLORE THE PERANAKAN DISTRICT

Slip on a pair of comfy shoes and explore the Peranakan neighbourhood of Katong and Joo Chiat! Explore boutique shops, sample local delights and wander along the colourful shophouses of the famous Koon Seng Road.

Nearest MRT Station: Eunos





HARI RAYA AT GEYLANG SERAI

In the build up to Hari Raya Puasa, be sure to catch the Hari Raya Light-Up and Celebrations 2016 at Geylang Serai! Feel the festive spirit as you celebrate the breaking of the fast at sundown with halal delights from the annual bazaar!

Nearest MRT Station: Paya Lebar

DELICIOUS EATS

Pocket-friendly but truly delicious, a meal at Long Phung Vietnamese Restaurant (159 Joo Chiat Road) is always worth the trip out east. Their steaming bowl of pho (beef noodles) is easily one of the best on the island... but get there early as tables fill up quick!

Nearest MRT Station: Paya Lebar

JULY I - 3

The Singapore skyline is impressive, but did you know that any buildings in close proximity to airports and airbase are restricted to a height of 280 metres as an air traffic safety precaution?



SENTOSA CELEBRATES HARI RAYA

Spend Hari Raya Puasa on the State of Fun, Sentosa, where they will be celebrating in true Malay style with plenty of music, dance and ethnic performances at the Merlion Plaza!

July 9 – 11, 2016, Merlion Plaza Sentosa, sentosa.com.sg
Nearest MRT Station: HarbourFront



DELICIOUS EATS

Wander through the side streets of Kampong Glam and take your pick of the countless muslim-owned eateries in the area. Head to i am café (674 North Bridge Road) for that 'Halal meets hipster' vibe. For more traditional fare, the oldest family-run nasi padang stall, Warong Nasi Pariaman (738 North Bridge Road), simply can't be beat!

Nearest MRT Station: Bugis

EXPLORE THE ARAB QUARTER

Marvel at the grandeur of the Sultan Mosque (3 Muscat Street), which was built in 1824. Then, learn a thing or two about Singapore's Malay history at the Malay Heritage Centre (85 Sultan Gate) before stopping by the nostalgic Children Litlte Museum (42 Bussorah Street).

Nearest MRT Station: Bugis



i am café Fish Burger



SINGAPORE FOOD FESTIVAL

In Singapore, food is on the mind, all the time. The Singapore Food Festival throws local cuisine in the spotlight and encourages everyone to suspend all reservations and just dig in!

July 15 – 31, 2016, various venues, singaporefoodfesival.com.





DELICIOUS EATS

Sample famous plates at STREAT – Singapore Food Festival's pinnacle event where hawker heroes cook alongside contemporary chefs to recreate familiar flavours in both traditional and innovative ways!

SINGAPORE PHILATELIC MUSEUM

Far more than just a proof of postage, stamps offer an incredible insight into the history of the world. Explore the Singapore Philatelic Museum (23-B Coleman Street) and sit through the various illustrations that have been printed on postage stamps throughout the ages, spanning topics like science, technology, history and culture!

Nearest MRT Station: City Hall



SINGAPORE GARDEN FESTIVAL

Botany hits a whole other level at the Singapore Garden Festival. This award-winning biennial show sees international designers come to the Garden City to display extravagant floral displays and garden designs. Be sure to step inside the Flower Dome – a visually spectacular indoor garden hosting regularly changing floral displays throughout the year.

July 23 – 31, 2016. Gardens by the Bay, 18 Marina Gardens Drive, singaporegardenfestival.com

Nearest MRT Station: Bayfront



DELICIOUS EATS

Like a farmer's market but in the heart of the business district, PasarBella at Suntec City (#01-455 to 461 North Wing Suntec City, 3 Temasek Boulevard) is home to a slew of gourmet food stalls ranging from rich and sinful to light and nutritious.

Nearest MRT Station: Esplanade

THE GREAT SINGAPORE SALE

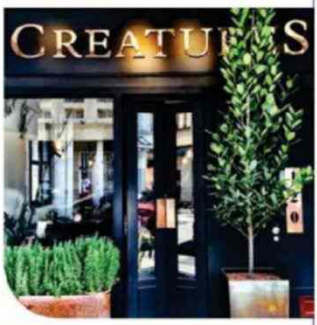
Snap up great deals all around the country during the 2016 Great Singapore Sale! Pack light and remember your credit card as visitors can expect great discounts and plenty of promotions over eight glorious weeks of shopping.

Late May until July 2016, various venues, greatsingaporesale.com.sg

DELICIOUS EATS

Dine supper club-style at CreatureS (120 Desker Road) in the Jalan Besar neighbourhood. Run by a pair of Singaporeans who wear their heart on their sleeves, their dishes are made with a lot of passion and care.

Nearest MRT Station: Farrer Park





CRAFT BEERS & BREWS

Get more acquainted with the world of craft beer by heading to Druggists (119 Tyrwhitt Road) where 23 craft beers from around the world are on tap, with changing specials every week. For a home-brew, order a pint at The 1925 Microbrewery (369 Jalan Besar).

Nearest MRT Station: Farrer Park

EXPLORE JALAN BESAR

Follow the Jalan Besar Heritage Trail and learn plenty of quirky trivia about how this neighbourhood evolved from a betel nut plantation to the bustling district it is today!

Nearest MRT Station: Farrer Park





TIONG BAHRU, ENG HOON STREET

Down the other end of Tiong Bahru, men can get a much-needed shave at modern barbershop, We Need A Hero (57 Eng Hoon Street), while the ladies can get their nails done at Hui Aesthetics (#01-80, 57 Eng Hoon Street). Vinyl fans – check out Curated Records (#01-53, 55 Tiong Bahru Road), a tiny shop selling a great selection of records.

Nearest MRT Station: Tiong Bahru

DELICIOUS EATS

Top brunch spot, Open Door Policy (19 Yong Siak Street) puts a crafty spin on the typical eggs ben, by pairing it with a uniquely flavoured hollandaise! At dinner, the menu is ever changing but always brilliant. In the afternoon, stop by Tiong Bahru Bakery (#01-70, 56 Eng Hoon Street) for their buttery kouign amann pastry!

Nearest MRT Station: Tiong Bahru

EXPLORE TIONG BAHRU

Hang out in Singapore's original hipster enclave, Tiong Bahru. Browse the shelves of independent bookstore, Books Actually (9 Yong Siak Street); revamp your wardrobe at Nana & Bird (1M Yong Siak Street) or your home at multi-label boutique, Strangelets (7 Yong Siak Street).

Nearest MRT Station: Tiong Bahru





SLEEP WITH THE FISHES

Dream of life under the sea at the S.E.A. Aquarium (Resorts World Sentosa) Ocean Dreams programme where not only will you spend the night in front of the awe-inspiring Open Ocean Gallery but you will also embark on a 90-minute tour behind the scenes and take part in plenty of fun games and acitvities!

Nearest MRT Station: HarbourFront

DELICIOUS EATS

Nothing says decadent like a surf and turf dinner at W Singapore Sentosa Cove's SKIRT restaurant (21 Ocean Way), a super trendy space serving up premium grade meats and sustainable seafood.

Nearest MRT Station: HarbourFront

EPICUREAN MARKET

Knock plenty of celebrity chef restaurants off of your bucket list at affordable prices at this year's Epicurean Market! Learn culinary tips and tricks from the masters themselves while you indulge in their award-winning dishes, washed down with plenty of wine of course!

August 12 – 14, 2016, Sands Expo and Convention Centre, 10 Bayfront Avenue, marinabaysands.com

Nearest MRT Station: Bayfront



AUGUST 12 - 14



SCIENCE CENTRE SINGAPORE

Immerse yourself in the fascinating world of science and technology at The Science Centre Singapore (15 Science Centre Road). Explore exciting and educational exhibits about everything from the human body to our solar system! For the little ones (18 months – 8 years old), head to KidsSTOP (21 Jurong Town Hall Road), an edutainment centre designed to foster children's sense of scientific wonder!

Nearest MRT Station: Jurong East

DELICIOUS EATS

Holland Village is a popular expat enclave, saturated with bars and restaurants spanning international cuisines. After your meal, step into the famous 2am:dessertbar (21a Lorong Liput) for experimental and visually stunning desserts.

Nearest MRT Station: Holland Village

SINGAPORE NIGHT FESTIVAL

See art in a whole new light at the ninth edition of the annual Singapore Night Festival. Singapore's museums will remain open after hours while the streets of the art heritage district of Bras Basah-Bugis will be flooded with free events and installations from 7pm till late.

Last 2 weekends in August 2016, various venues, nightfest.sg

AUGUST 19 - 21



BARGAIN SHOPPING AT BUGIS

Tired of the typical high street brands? Shop for something a little different by exploring the boutique vintage stores in the Bugis district! For great bargains, step into Bugis Street Market, a cramped but buzzing cluster of stalls selling just about everything!

Nearest MRT Station: Bugis

DELICIOUS EATS

Artichoke (161 Middle Road) is where weekend revellers eagerly line up to trade their weekend hangover with a food coma. Serving up massive portions Middle Eastern dude food made from locally sourced ingredients, it's definitely worth the indulgence.

Nearest MRT Station: Bras Basah

SENTOSA MERLION MAGIC

As the evening rolls around, catch Sentosa Merlion Magic, where beautiful animated three-dimensional projections are displayed on the surface of the iconic Merlion in celebration of National Day.

August 1 – 30, 2016, Merlion Plaza Sentosa, sentosa.com.sg

Nearest MRT Station: HarbourFront



According to a 2007 study, Singapore's pedestrians have the highest average walking speed out of 32 cities, closely followed by Copenhagen and Madrid.



MID-AUTUMN FESTIVAL

As Singapore prepares for the Mid-Autumn Festival, make a trip to Chinatown. Peek inside the colourful Buddha Tooth Relic Temple and Museum (288 South Bridge Road), and be sure to sample a mooncake – the traditional Chinese pastry eaten during this festive period.

Nearest MRT Station: Chinatown

DELICIOUS EATS

Incredible food can be found on every corner in Singapore and that is especially the case on the Bukit Pasoh stretch! Restaurant Andre (41 Bukit Pasoh Road) is nothing short of gastronomic genius (ranking #46 in the World's 50 Best Restaurants 2015). For a more casual vibe, slurp on freshly shucked oysters at Humpback (20 Bukit Pasoh Road) before ordering a nightcap at their sister bar Gibson upstairs. Or, sample Portuguese cuisine at BOCA (6 Bukit Pasoh Road).

Nearest MRT Station: Outram Park

A DESIGN FILM FESTIVAL

This one-of-a-kind film festival is devoted to the beauty of design in all its forms – from fashion, photography, architecture, contemporary art and even product design. Expect over a week of specially curated films based on unique forms of design and its origins.

September 1 – 11, 2016, various venues, designfilmfesival.com



TREK THE RAIL CORRIDOR

Before the days of MRT, the Singapore Rail Corridor was used to transport goods and passengers from Malaysia to Singapore. Now the 24-kilometre stretch is a lush, green walking trail, filled with historic sites worth exploring (like the original Tanjong Pagar Railway Station).





DELICIOUS EATS

In the heart of Bukit Timah is Rider's Café (51 Fairways Drive), an incredibly popular brunch and dinner spot beside the Bukit Timah Saddle Club where children can go on a pony ride (Saturdays 10.30am to 1pm, 3 – 12 years old)!

Nearest MRT Station: Sixth Avenue

SINGAPORE INTERNATIONAL FESTIVAL OF THE ARTS

The Singapore International Festival of the Arts showcases the best of local and international creativity over six weeks of diverse film screenings, live music and theatrical performances.

September 2016, various venues, sifa.sg



GO KARTS & SUPER CARS

In the build up to the racing season, appease your need for speed at The Karting Arena (#01-01B The Grandstand, 200 Turf Club Road), a 500-metre long electric go-kart track opened by Singapore's only female racecar driver, Claire Jedrek. Fancy going faster? Book a ride in a supercar with Ultimate Drive (#01-06D Singapore Flyer, 30 Raffles Avenue).



DELICIOUS EATS

You may have heard of speakeasy bars but what about a speakeasy brunch? Ronin Café (17 Hong Kong Street) is a sneaky little spot with no signage other than its address. Once you find it, order up a plate of their delicious French toast or scrambled eggs!

Nearest MRT Station: Clarke Quay

2016 F1 SINGAPORE AIRLINES SINGAPORE GRAND PRIX

Catch all the racing action at the hottest event of the year, the 2016 Formula 1 Singapore Airlines Singapore Grand Prix! Watch your favourite headline acts at the F1 concert (with past performers including Maroon 5, Pharrell Williams, and Bon Jovi), then keep the post-race celebrations alive at The Podium Lounge and Amber Lounge after- parties.

September 16 – 18, 2016, Marina Bay Street Circuit, singaporegp.sg



ISLAND EXCURSION

Hop on a bumboat and take a short ride to the neighbouring island of Pulau Ubin. Rent a bicycle from a local kiosk and take a ride through what is considered one of Singapore's last kampungs (local village)!

Nearest MRT Station: Tanah Merah

DELICIOUS EATS

Once you're back on the mainland, dig into every hawker food imaginable at Changi Village Food Centre (2 Changi Village Road). Hot favourites include: nasi lemak, fishball noodles, carrot cake and chicken wings.

Nearest MRT Station: Pasir Ris

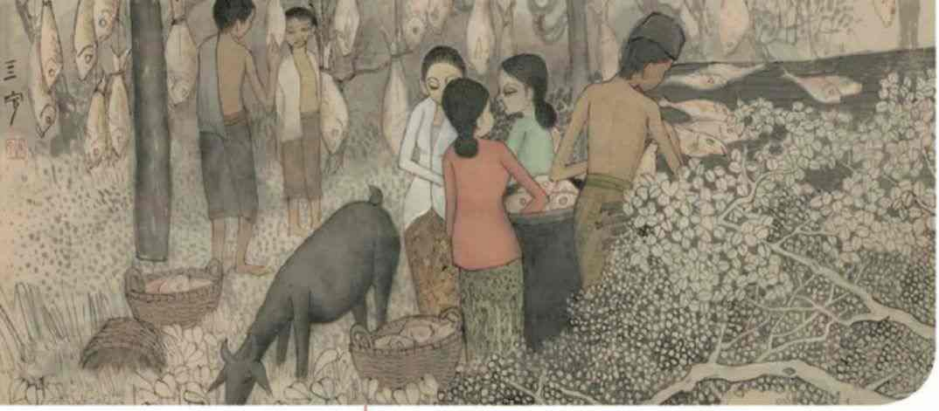
FISH FOR PRAWNS

Try your hand at a slightly unconventional national pastime, prawning at East Coast Prawn Fishing (#01-06, 1020 East Coast Parkway). For a very affordable price, this 24-hour establishment lets you relax with little more than bait and a rod... and you even get to keep your catch!

Nearest MRT Station: Eunos







NATIONAL GALLERY SINGAPORE

Get lost in National Gallery Singapore (1 Saint Andrews Road), which features one of the world's largest public collections of Southeast Asian artworks. Countless traditional and contemporary art collections fill the entirety of the stunning old parliament building and it will easily take more than a day to explore all its offerings.

Nearest MRT Station: City Hall



DELICIOUS EATS

The National Gallery's food offerings are as stunning as its art. Book a table at Odette (#01-04 Supreme Court Wing), well in advance for elegant seasonal plates. Refined Indian cuisine can be found at Saha Signature Restaurant and Bar (#01-03 Supreme Court Wing), or Italian at Aura Restaurant (#05-03, City Hall Wing), Peranakan at National Kitchen by Violet Oon (#02-01 City Hall Wing) and Cantonese at Yàn (#05-02 City Hall Wing).

Nearest MRT Station: City Hall

THE HIGHEST ROOFTOP BAR

Make a toast to the evening ahead on the world's highest rootop bar (282 metres) 1-Altitude Gallery and Bar on the 63rd floor (One Raffles Place). Revel in heart-stopping 360-degree views of the city skyline and if you fancy a bit of a boogie, step into Altimate, the nightclub on level 61.

Nearest MRT Station: Raffles Place



FOREST ADVENTURE

Take to the treetops at Forest Adventure (Bedok Reservoir Road) – a family-friendly high ropes course with 35 different obstacles, including a zipline that transports you across the reservoir!

Nearest MRT Station: Bedok

DELICIOUS EATS

Culinary innovation takes centre stage at Slake (15 Swan Lake Avenue, dinner only), where chefs are encouraged to put a fresh spin on familiar flavours, while Badoque (298 Bedok Road) is highly popular for its halal-friendly international cuisine. For desserts that are almost too pretty to eat, Fatcat Ice Cream Bar (Block 416, Bedok North Avenue 2) serves up inventive lavours like charcoal waffles and salted egg mousse!

Nearest MRT Station: Bedok/Tanah Merah

IMAX MANIA

Catch the latest cinematic blockbuster on IMAX at Shaw Centre (350 Orchard Road) or do one better and upgrade to IMAX 3D! For a more lavish evening, watch a movie in one of the Premiere Screening Rooms, where you can sprawl out on large leather seats and enjoy a glass of wine during the movie.

Nearest MRT Station: Orchard



DA:NS FESTIVAL

Be hypnotised by the sultry and idiosyncratic choreography of acclaimed international and local dancers at the 11th annual da:ns festival, a festival that encourages self-expression through the power of movement.

Mid October, 2016, Esplanade – Theatres on the Bay, 1 Esplanade Drive, dansfestival.com

Nearest MRT Station: Esplanade



DELICIOUS EATS

Renowned for whipping up the best batch of blueberry pancakes in NYC, Clinton St. Baking Company (31 Purvis Street) opened its doors in Singapore late last year. Expect all-day American-style breakfasts, complete with cheesy grits, buttermilk biscuits and plenty of bacon!

Nearest MRT Station: City Hall

EXPLORE THE CIVIC DISTRICT

Take a "Walk in the Shadow of Raffles" with Betel Box tours (betelbox.com), where you will retrace the steps of Singapore's founder and learn about the nation's colonial past as you visit Fort Canning, Raffles Hotel Singapore and the Civic District.



PHOTO BY MARKLIN ANG

OCTOBER 14 - 16

KIDZANIA

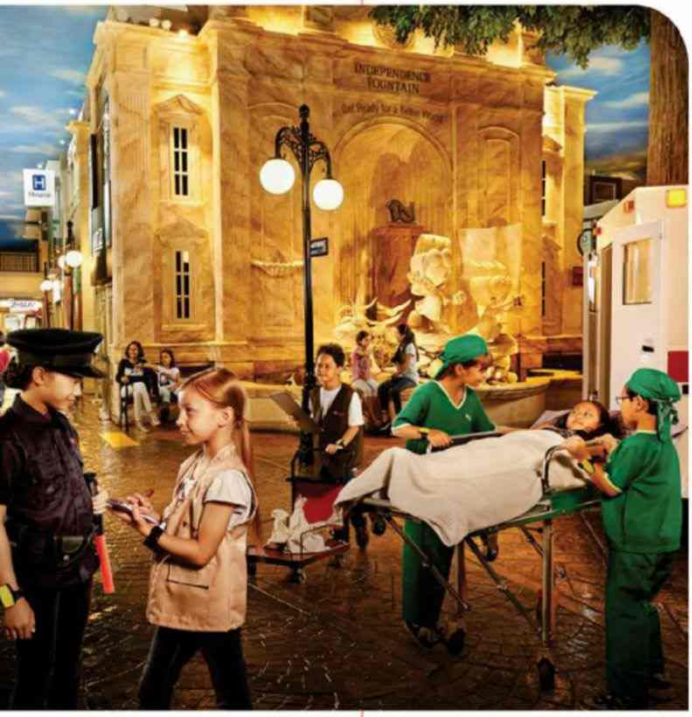
Can't wait to see what the kids are like 'all grown up'? Step into the world's first standalone KidZania building (Palawan Beach, Sentosa), an entire interactive city theme-park where children are encouraged to role-play by working at different jobs, earn a salary of kidZos and even learn how to manage a bank card!

Nearest MRT Station: HarbourFront

DELICIOUS EATS

Resorts World Sentosa's complex of eateries is riddled with family-friendly options. Keep it casual at a consistent favourite, like Hard Rock Café or Chili's American Grill and Bar or keep it local at Streats Asian Café and Malaysian Food Street.

Nearest MRT Station: HarbourFront





HALLOWEEN HORROR NIGHTS™6

It won't just be the thrilling rides that get your heart racing at Universal Studios Singapore this Halloween. On selected nights this October, the park transforms into a haunted world inspired by spine-chilling ghost stories!

October 2016 (selected nights only), Universal Studios Singapore, Resorts World Sentosa, halloweenhorrornights.com.sg

Nearest MRT Station: HarbourFront

OCTOBER 21 - 23



UP DHARMA DOWN

"If we could stay a little longer, we would. There was so much more we wanted to see, and so many more places we wanted to go to. There will definitely be a next time. We want to go back and bring our friends and family."



DIGITAL FASHION WEEK

Digital Fashion Week sees South East Asia's emerging fashion designers run the catwalk as they present their collections, while being streamed live for its international audience. It is the only fashion event that promotes the best young fashion designers through events and digital platforms in Asia.

Late October, 2016, Capitol Theatre, 11 Stamford Road, digitalfashionweek.com
Nearest MRT Station: City Hall

DELICIOUS EATS

For slightly peculiar but delicious local cuisine, get a little adventurous and make a trip to Geylang Lorong 9 Fresh Frog Porridge (New Lai Lai Hong Yun Food Centre, 236 Geylang Road)! This well-known joint cooks up chunks of tasty frog legs in two signature variations – a spicy version, cooked in dried chilli and dark sweet soya sauce, as well as a sweet, non-spicy version served with ginger and spring onions. Order a bowl or two of steaming porridge to go with your main dish for a treat your taste buds won't ever forget!

Nearest MRT Station: Kallang





DEEPAVALI

Enter the colourful world of Little India as it celebrates Deepavali, the Hindu festival of lights. Stroll through the decorated streets, shop at the Deepavali Fesival Village for decorative ornaments, lower garlands and gold or simply people-watch from a street-side café over a freshly pulled cup of teh tarik.

Throughout October, 2016, Little India, littleindia.com.sg
Nearest MRT Station: Little India

BNP PARIBAS WTA FINALS SINGAPORE PRESENTED BY SC GLOBAL

The world's top 8 female tennis players will battle it out at the Singapore Indoor Stadium for the season-ending title and prestigious Billie Jean King Trophy. Beyond the matches, attendees can also enjoy exciting offerings in the Fan Zone and scheduled player practice sessions.

October 21 - 30 2016
Singapore Indoor Stadium, 2 Stadium Walk, wtafinals.com
Nearest MRT Station: Stadium



DELICIOUS EATS

Grab a riverside brunch at Super Loco (#01-13 The Quayside, Robertson Quay), a popular Mexican brunch spot that hosts great evening parties too. For perfectly poached eggs, Common Man Coffee Roasters (22 Marin Road) nearby will definitely win your heart. Can't decide? Stroll along the stretch of other restaurants and see what steals your fancy.

Nearest MRT Station: Clarke Quay

TAKE ON TANGS

Get dolled up with a shopping trip to TANGS at Tang Plaza (310 Orchard Road), a multi-level department store with as much history behind it as the brands on its racks! Tease out those tired shopping muscles with a spa treatment at SEVIIN on the 7th loor.

Nearest MRT Station: Orchard

SINGAPORE BIENNALE

A blockbuster contemporary art event, the Singapore Biennale returns for its fifth edition to present dynamic local, regional and international art practices. The last edition of this incredibly popular event saw record-breaking number of visitors over a four-month period.

October 27, 2016 – February 26, 2017, various venues, singaporebiennale.org





PHOTO BY VINCENT CHONG



CULINARY CLASSES

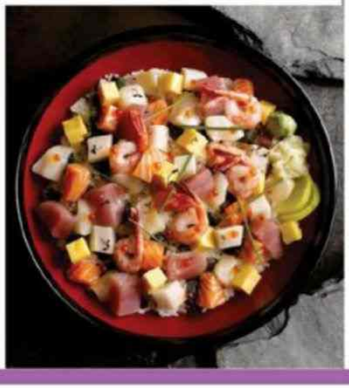
Learn how to make the classics of local cuisine yourself with a cooking class! FoodPlayground (24A Sago Street) runs regular family-friendly culinary workshops every week that will teach you how to prepare everything from chicken rice to laksa and your favourite kueh!

Nearest MRT Station: Chinatown

DELICIOUS EATS

Feast on all things Japanese at Emporium Shokuhin (6 Raffles Boulevard), an absolutely massive marketplace consisting of a live seafood market, a gourmet grocer and eight unique dining concepts, ranging from sushi to shabu shabu!

Nearest MRT Station: Esplanade



FAMILY FRIDAYS AT THE MUSEUM

TGIF at the ArtScience Museum (6 Bayfront Avenue)! If you aim to explore the museum's wondrous exhibits with the whole family, be sure to go on a Friday, where up to four children under 12 years of age can enter for free (with every paying adult)! Embark on a range of interactive tours and explorations specifically designed for young audiences.

Nearest MRT Station: Bayfront



EXPLORE THE KRANJI COUNTRYSIDE

Escape the city for a day by heading for the Kranji Countryside in northwestern Singapore. Upon arrival, explore the land by simply following the Kranji Heritage Trail, which covers 14 historical and agricultural sites, including the Kranji War Memorial, which commemorates the men and women from the Commonwealth who fell in the line of duty during World War II.

Nearest MRT Station: Kranji

DELICIOUS EATS

Experience real 'farm to table' cuisine at Bollywood Veggies (100 Neo Tiew Crescent). Freshly prepared and using produce from their very own farm, diners can tuck into tasty dishes like jackfruit lemak, banana curry and moringa tempura.

Nearest MRT Staion: Kranji

GO ON A NIGHT SAFARI

Find out what happens when the animals at the zoo go to sleep and the nocturnal ones wake from their slumber at The Night Safari (80 Mandai Lake Road)! Unlike other zoos around the world, you won't ind any caged animals here... only natural barriers stand between you and the wildlife, so watch your step!

Nearest MRT Station: Choa Chu Kang with connecting bus service 927





ISLAND HOP

Charter a luxury yacht and spend the first half of your weekend exploring Singapore's multitude of surrounding islands. Take a sunrise or mid-day cruise with Infinity Sails (infinitysails.asia), which will take you along the southern coast of Singapore before making stops at Lazarus Island, St. John's, Sister Islands and Kusu.

Nearest MRT Station: HarbourFront



DELICIOUS EATS

Make a beeline for the Dempsey dining enclave and choose between countless restaurants, like Michelin-level Spanish cuisine at La Ventana (16A Dempsey Road), the romantic surrounds of The White Rabbit (39C Harding Road), and if the family is in tow, urban farming project and restaurant, Open Farm Community (130E Minden Road) is always a hit!

Nearest MRT Station: Orchard

ANIME FESTIVAL ASIA

Fans of anime should lock to Anime Festival Asia – one of the largest anime conventions to take place outside Japan! The pop culture convention sees special Japanese artists, famous character voices, comedians and cosplayers congregate over one power-packed Singapore weekend.

Late November, Suntec Singapore Convention & Exhibition Centre, 1 Raffles Boulevard, animefestival.asia

Nearest MRT Station: Esplanade



STANDARD CHARTERED MARATHON

The first Sunday of December marks the highlight of Singapore's running calendar every year. The Standard Chartered Marathon sees thousands of runners from every background embark on a 42-kilometre race around the city. Those not up for the full marathon are encouraged to challenge themselves with a half-marathon or a 10-kilometre fun run.

December 4 – 5, 2016, various start points, marathonsingapore.com

DELICIOUS EATS

Sample classic Indonesian nasi padang (rice with various side dishes) at decades-old eatery, Hajah Maimunah (11/15 Jalan Pisang). Here, you will find a huge selection fo over 40 dishes, including Indonesian delicacies like tahu telor Jakarta (deep-fried tofu and egg), and beef rendang (beef braised in coconut milk, spices and chilli). Before you leave, take a peek at the dessert counter and sample sweets classics like ondeh-ondeh (rice flour dumplings filled with palm sugar).

Nearest MRT Station: Bugis



CHRISTMAS BY THE RIVER

It's never too early to celebrate Christmas! Watch as the Singapore River is illuminated with decorative lights, listen to carollers as they cruise along on riverboats and make the most of plenty of holiday deals at participating venues!

December 2016 to Early January 2017, Singapore River, singapore-river.com

Nearest MRT Station: Clarke Quay



ARTSCIENCE ON SCREEN

ArtScience On Screen is an ongoing programme at Singapore ArtScience Museum, where local and international filmmakers showcase works that explore the relationship and blur the borders between art and science through the media of moving image, video and film.

Ongoing, ArtScience Museum, 6 Bayfront Avenue, marinabaysands.com

Nearest MRT Station: Bayfront

DELICIOUS EATS

For a quiet respite from the city, pay a visit to the local neighbourhood of Everton Park. The humble HDB complex has become home to little dessert cafes and provision shops that are popular with many locals. Head to the aptly named Just Want Coffee (#01-27, Block 1 Everton Park) for a solid cuppa, and sample local kueh at local favourite, Ji Xiang Confectionary (#01-33, Block 2 Everton Park) famous for their ang ku kueh.

Nearest MRT Station: Outram Park/Tanjong Pagar

ZOUKOUT 2016

It's time for Singapore's ulimate beachside dance fesival, ZOUKOUT 2016! You know the drill, skivvy into your swimwear and head to Siloso Beach. Dance till the break of dawn to international dance music acts. Past artists have included Paul Oakenfold, Tiesto and Axwell^Ingrosso.

Mid December 2016, Siloso Beach, Sentosa, zoukout.com

Nearest MRT Station: HarbourFront





STAND UP PADDLING

Singapore may not be famous for surf-worthy beaches but hop on a surfboard anyway and try Stand Up Paddling at SUP School (Tanjong Beach, Sentosa). Classes take place on the calm waters of the Tanjong Beach lagoon, where you will learn how to stand and manoeuvre on the board in no time.

Nearest MRT Staion: HarbourFront



DELICIOUS EATS

Take a big bite out of what Singapore considers to be the best burger on the island. Wildfire Kitchen + Bar (#01-28, 313 Somerset) won the 2015 Asia Burger Challenge for its Full-Blooded stack of Wagyu beef with caramelized onions, cheddar cheese and their signature Master sauce!

Nearest MRT Station: Somerset

CHRISTMAS LIGHT UP AT ORCHARD

It's Christmas On A Great Street at Orchard Road. In the build up to Christmas Day, the iconic shopping belt glows with glittering displays, festive arches and plenty of Christmas trees that are definitely worthy of a snapshot!

What's more, enjoy a series of curated programming, from pop-up stores, and buskers to in-mall activities and Shop and Be Rewarded campaign.

Mid November 2016 to Early January 2017, Orchard Road, orchardroad.org

Nearest MRT Station: Orchard

DECEMBER 16 - 18

Gardens by the Bay is not only home to over half a million plant species but it is also home to the world's tallest indoor waterfalls, standing at a jaw-dropping 35-metres.

A THEMED CHRISTMAS

End the festive season on a high at Universal Studios Singapore, where everyone's favourite characters such as the Sesame Street friends and even the Minions from DESPICABLE ME™ are keeping the Christmas spirit alive throughout the theme park.

Until January 2017, Universal Studios Singapore at Resorts World Sentosa, rwsentosa.com

Nearest MRT Station: HarbourFront



DELICIOUS EATS

Trade the turkey and tinsel for a festive feast with local flair! Makansutra Gluttons Bay (8 Raffles Avenue) pulls out all the stops with a variety of hawker delights like oyster omelette and spicy BBQ stingray from the late afternoon until well into the night, during Christmas Eve and day as well as New Year's Eve and day!

Nearest MRT Station: Esplanade

CHRISTMAS WONDERLAND AT GARDENS BY THE BAY

As Christmas arrives, Gardens by the Bay evolves into a Christmas Wonderland. Be dazzled by the annual Luminarie light sculptures that never fail to impress, before venturing into the Christmas village where you can enjoy a hot cup of mulled wine and play carnival games to get into the spirit!

Mid November 2016 to Early January, 2017, Gardens by the Bay, 18 Marina Gardens Drive, christmaswonderland.sg

Nearest MRT Station: Bayfront





PHOTO BY ANDREW TAN

MARINA BAY SINGAPORE COUNTDOWN

Countdown to the New Year at the Marina Bay Singapore Countdown! Nothing quite beats the firework displays on the Marina Bay Waterfront while the Float @ Marina Bay plays centre-stage to star-studded line-up of local and international celebrities all through the evening.

December 31, 2016, Marina Bay Waterfront, marinabaycountdown.sg

Nearest MRT Station: Bayfront

DELICIOUS EATS

Make your final 2016 meal a great one with a delectable set dinner at Singapore's finest restaurants with a view. Take your pick between three cuisines at elegant rooftop restaurant, ME@ OUE (OUE Bayfront, 50 Collyer Quay), or head up to Marina Bay Sands' Skypark to dine at celebrity restaurants, Spago by Wolfgang Puck or Sky on 57 by Justin Quek.

Nearest MRT Station: Raffles Place/Bayfront

SILOSO BEACH PARTY

Party till the sun comes up at Siloso Beach and welcome the New Year by throwing out some epic dance moves. This wet and wild evening isn't for the faint of heart as the 18+ party is filled with 10 solid hours of dance music!

December 31, 2016, Siloso Beach Sentosa, sentosa.com.sg/en/silosobeachparty

Nearest MRT Station: HarbourFront

DANCE IN THE PARK! COUNTDOWN TO 2017

Universal Studios Singapore welcomes the New Year with Dance In The Park! Count down to 2017 with live tribute acts as the skies light up with special pyrotechnic and LED shows. The best part? The rides will stay open all night too, so you can end the year on a real high!

December 31, 2016, Universal Studios Singapore, Resorts World Sentosa, rwsentosa.com

Nearest MRT Station: HarbourFront



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